

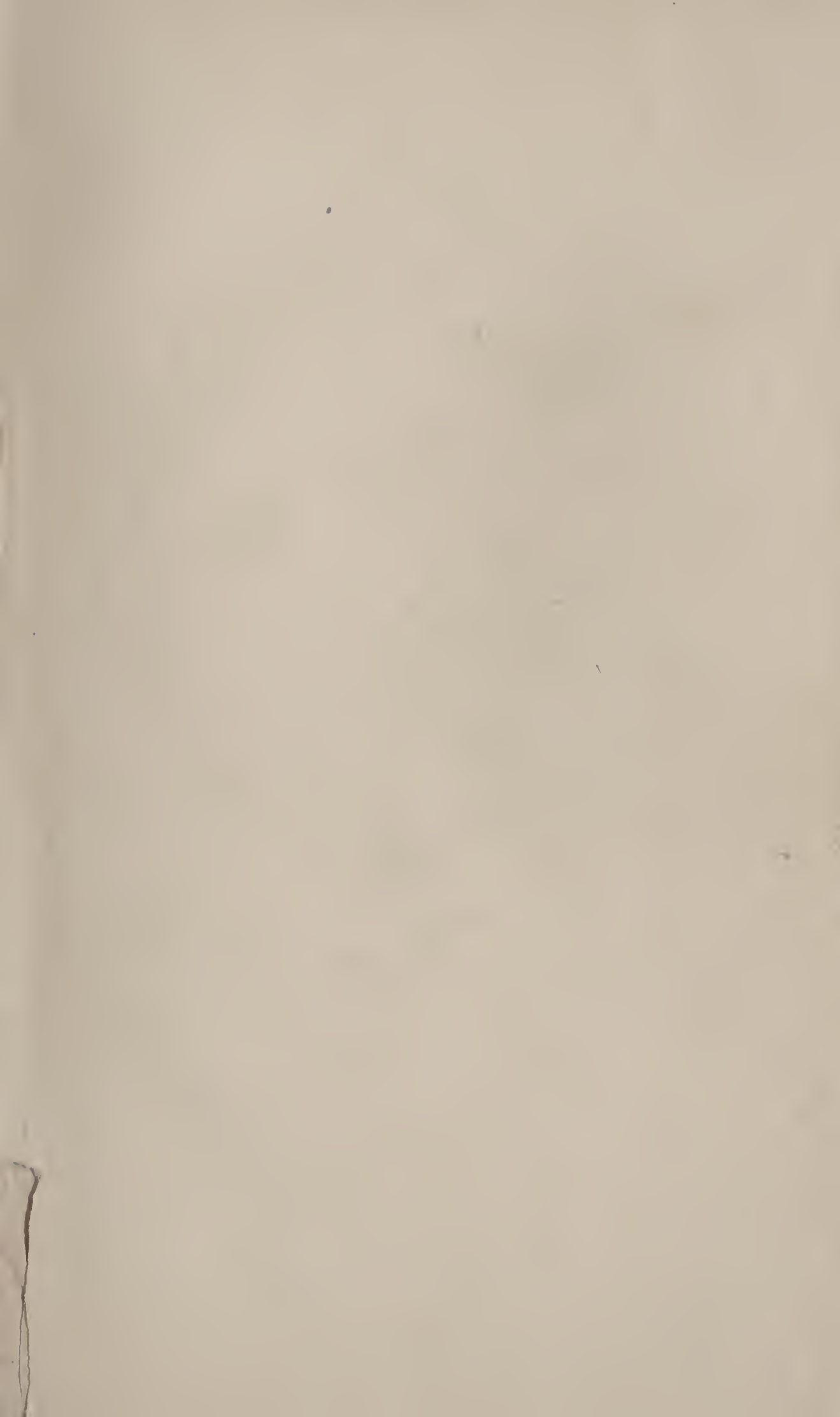


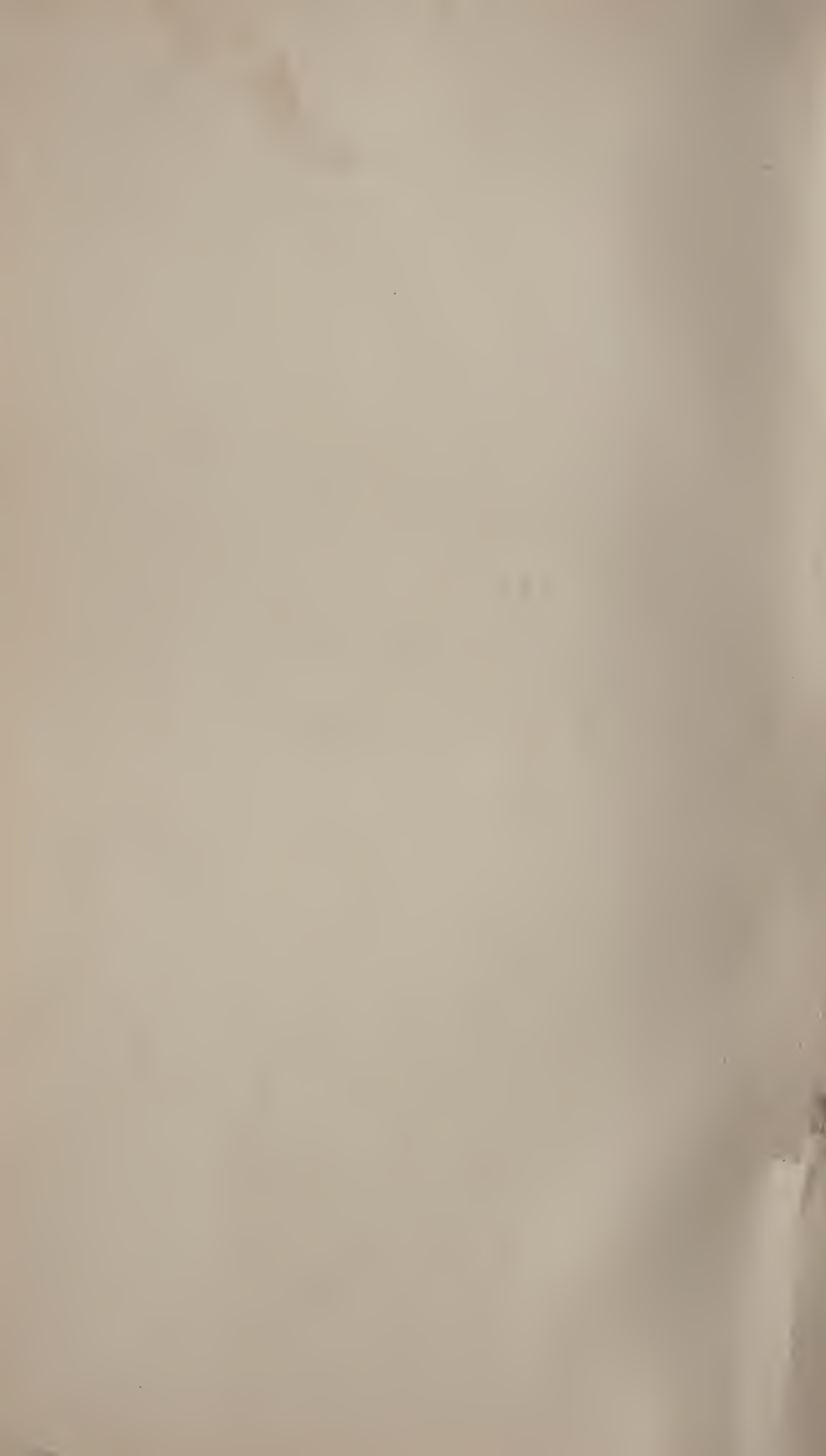
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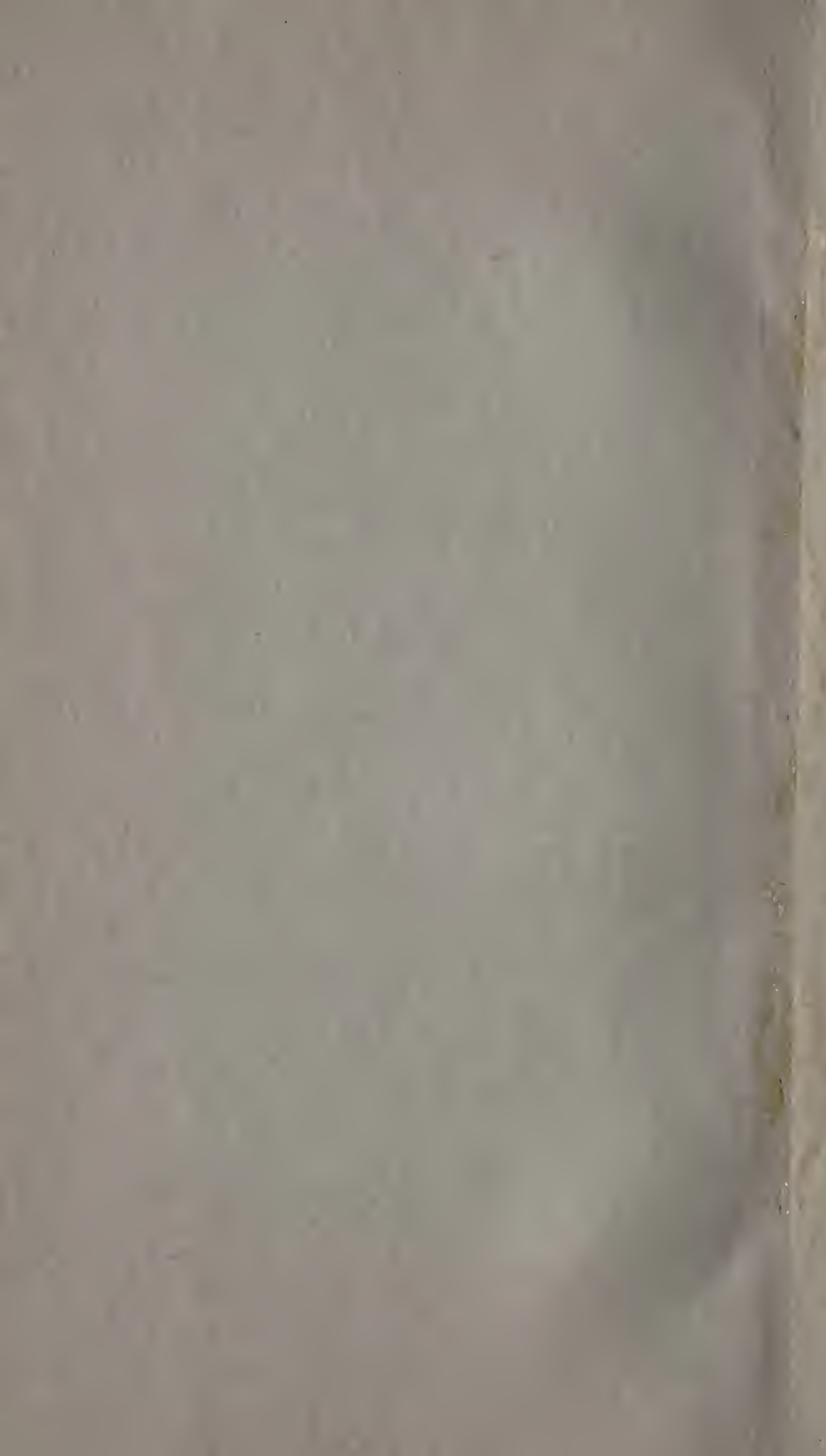


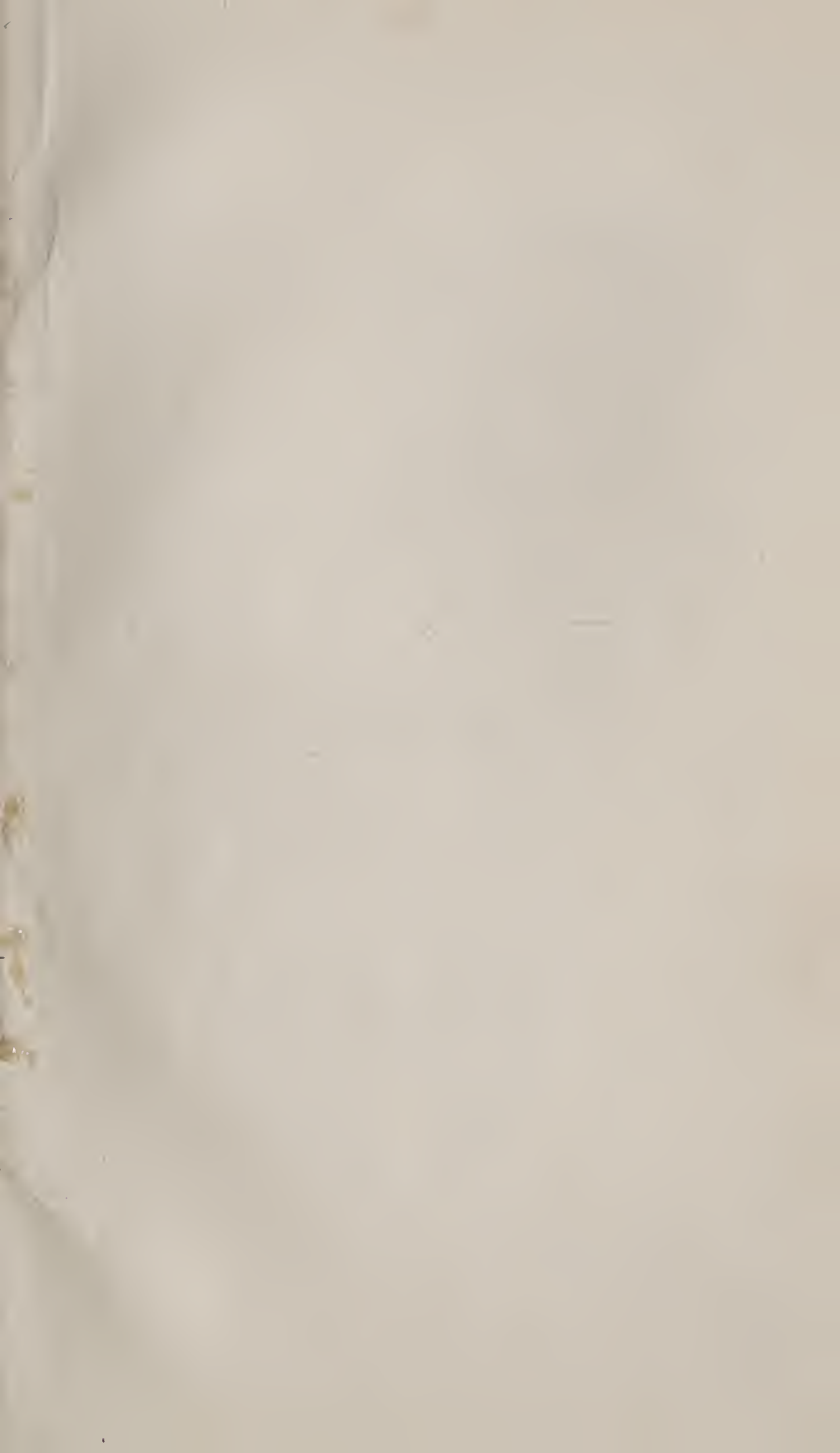
STANDARD
SEX ~
KNOWLEDGE
and

HEALTH
ENCYCLOPEDIA



S. T. BAYLES, M. D.







S. T. BAYLES



M. F. TEEHAN

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1878

STANDARD SEX KNOWLEDGE *and* HEALTH ENCYCLOPEDIA

By Stephen T. Bayles, M. D.

In Collaboration with

M. F. Teehan

Author of

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Asylum and Institution Directory," "Organization and
Co-operation," "General Information for the Novice or
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INTRODUCTION TO THE FIRST EDITION

To those who believe that knowledge of the fundamental elements of sex are a prerequisite to married bliss, this book is dedicated. The writer trusts that it will meet with their thorough approval and that the information contained herein will prove both instructive and beneficial, as it is intended to supply a desideratum with respect to information, which, hitherto, has never been published in such compact form.

SCIONS OF NOBLE PROGENITORS

You boast of your thorobred horses,
And prate of their breed at great length;
A queen would be glad if the source of her birth
Could be traced back to such an extent;
You talk of your pure bred cattle,
And your horses that make the pace;
But what have you done, or going to do,
To better the breed of your race?

You talk of your Clydesdales and Herefords;
The sire and the dam of your colt;
You scoff at the scrub and the mongrel,
As worthy the blockhead or dolt;
You're proud of your pure bred Durocs;
Likewise of your stable and pen;
But answer me this: what have you done,
To better the breed of men?

Your Morgans, your Holsteins, your Berkshires;
You'll point them out fondly and say,
The thorobred beats the mongrel and scrub,
In making the homestead pay.
The breed of your cattle, hogs, horses,
To improve, day and night you have toiled;
But what have you done, my brother,
To improve the breed of your child?

Oh Man! why are you so boastful,
When counting your horses and steers?
Why not spare time to think of your boy,
And his needs for the coming years?
You scheme to better the breed of your stock;
You are reaping the seeds you have sown;
But what are you doing, my trusty friend,
To better the breed of your own?

The breed, or strain of your horses,
You'll point to them always with pride,
When demonstrating your worldly wealth,
Which cannot be denied;
You'll count on your favorite roadster,
As you do on your pasture, or pen;
But you seemingly forget to count, my friend,
On the worth of the children of men.

Have you thought of your boy, or ascertained,
His requirements for the growing years?
Do you think, as his sire, your mark on his face
Means less than the brand on your steers?
Your watchword with stock is—"thorobred,"
For paddock, stable, or pen;
But what have you done, or going to do,
To better the breed of men?

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Standard
Sex Knowledge
and Health
Encyclopedia

Part I

Standard Sex Knowledge and Health Encyclopedia

PART I

LESSON I

INTRODUCTION

In the preparation of this work the chief aim has been to present, in as perspicuous a form as possible, information which, hitherto, has never been published in such compact form. It would be impossible to cover, in detail, the comprehensive field with which this volume deals, as to do so would, in reality, bewilder, rather than help, the average reader. The writer has therefore endeavored, by the elimination of all irrelevant matter, to reduce this edition to a concise, condensed, yet exhaustive work, solidifying and arranging its contents, so that the reader may obtain the desired information readily, thereby enhancing its value, by minimizing its size, without impairing its integrity.

In presenting this revised edition to the public, it might be well to mention that considerable

changes have been made, not only in the subject matter which it contains, but in its illustrated section. Several of the chapters have been completely revised, which with the addition of some new matter, and increased number of illustrations, makes this volume much more complete. For authenticity and completeness of subject matter, this book, in the writer's opinion, compares very favorably with any publication on the market today.

The facts contained herein have been gathered from the most reliable and indisputable sources and collated with interminable care and patience. In order to save valuable space, thereby making it possible to put this volume before the public at a nominal cost, it was imperative, owing to the vast territory, so to speak, which it covers, to omit superfluous matter, usually indulged in by a good many writers on this all-important subject, and which, as already stated, bewilders, rather than benefits the average reader. Elaboration, or, in other words, introduction of irrelevant matter, when writing on this subject, has no redeeming feature whatsoever, otherwise than further dividing the gap, which, unhappily, already exists, to a far greater extent than the average reader is aware of, throughout our country, between knowledge and ignorance on this vital subject.

In the preparation of this work the writer has kept the aforementioned fact before his mind at all times. The reader will therefore undoubt-

edly notice omissible features here and there, due to the fact that ambiguity is conspicuous by its absence. It were imperative that this condition obtain in order to further epitomize the contents of this edition. It is hardly necessary to go much further here in an explanatory way on the contents and merits of this volume. It might be well to state however that, notwithstanding the fact that the knowledge contained within these pages may be read with benefit to all, this volume has been prepared especially for the purpose of lending a helping hand to the many men and many women, young, middle-aged, and old, in practically every walk of life who, through prejudice and custom, handed down from the middle ages, are prevented from receiving even the most elementary education on sexual physiology. The greater number of these men and women invariably obtained their information in early manhood or womanhood either from those incapable of giving advice on this subject which is of such vital importance to the future of the race, or from some polluted source, excepting, of course, somewhat similar literature from the hands of those who, like the writer, believe that knowledge of, at least, the fundamental elements of sex are a prerequisite to the ultimate complete happiness of the individual and, as a logical result a lasting benefit to society. To correct whatever erroneous ideals or wrong impressions may have been gained in youth, is one of the main objects of this work.

The writer wishes it distinctly understood that this volume was not got up to appeal to the emotional nature. The man or woman, who peruses this book with this purpose in view, or to excite a morbid degree of emotional activity, will be keenly disappointed. Betterment of existing conditions in society, for the benefit of the race in general, is the sole purpose for which this work was published. It deals, if somewhat briefly, on practically every phase of the vital subject of sex. The individual of either sex, who leads a clean, moral life, or their contemporaries who have departed either temporarily or permanently from the paths of virtue, will find the information contained within those pages, both instructive and interesting, as well as beneficial. To either of the aforementioned a special message is conveyed and if the attention of the erring one has been caught and held for only one brief moment the writer will feel that his efforts have not been entirely wasted.

If down into the brooding gloom of the life of the fallen Magdalen one ray of blessed light has penetrated; if a little gleam of coming hope has faintly illumined the darkness of the erring one's existence, or a little ray of blessed sunlight has crept through the clouds, which might make the burden of the fallen woman's existence tolerable, even for the passing moment the writer will consider he has, at least, received some compensation for his labor and attempted uplift. If perusal of these pages by the young

man and young woman, especially the latter, whether married or living a life of single blessedness, prevents darkened homes and tender ties from being broken, and which, though silent, speak, in themselves, of a vast amount of suffering, misery and sorrow, in forms which, in the greater majority of instances, receive less than a just share of pity, sympathy, and consideration, the writer will consider he has not wrought in vain.

Observation by the writer has impressed him, very forcibly, with the fact that much immorality might be very easily prevented. This, of course, might be said of any of the other sins of society; it might be said of crime; it might be said of disease; it might be said of many and various forms of evil, but it seems to be peculiarly true in respect to immoral practices. Although the writer does not think, opinions to the contrary notwithstanding, that immorality is on the increase, it is, nevertheless, sufficiently evident to justify alarm, and to call for serious inquiry into the causes and for means of prevention. Early instruction, when the mind is most plastic, on the fundamental elements which govern their existence, would, in the writer's opinion, tend greatly to diminish the possibilities and probabilities of the young man, in later life, resorting to immoral practices and the young woman straying from the paths of virtue.

Erroneous ideals formed in youth and mistaken ideas or wrong impressions gained from

older associates or depraved adults on the functions of the reproductive organs have a great deal to do with young men and young women leading immoral lives. The dangers incident to the latter are brought out in the following pages and should, in themselves, be sufficient excuse to deter any young man or any young woman from indulging in lewdness, or lasciviousness in any form. One of the leading objects of this work is an earnest attempt to lead the adult man and woman towards the light of knowledge and away from the darkness of ignorance, and an endeavor to turn the thoughts of parents, teachers, and others, who are especially responsible for the training of the young, in the same direction, thereby facilitating the progress already made by our advanced thinkers and writers on sex physiology.

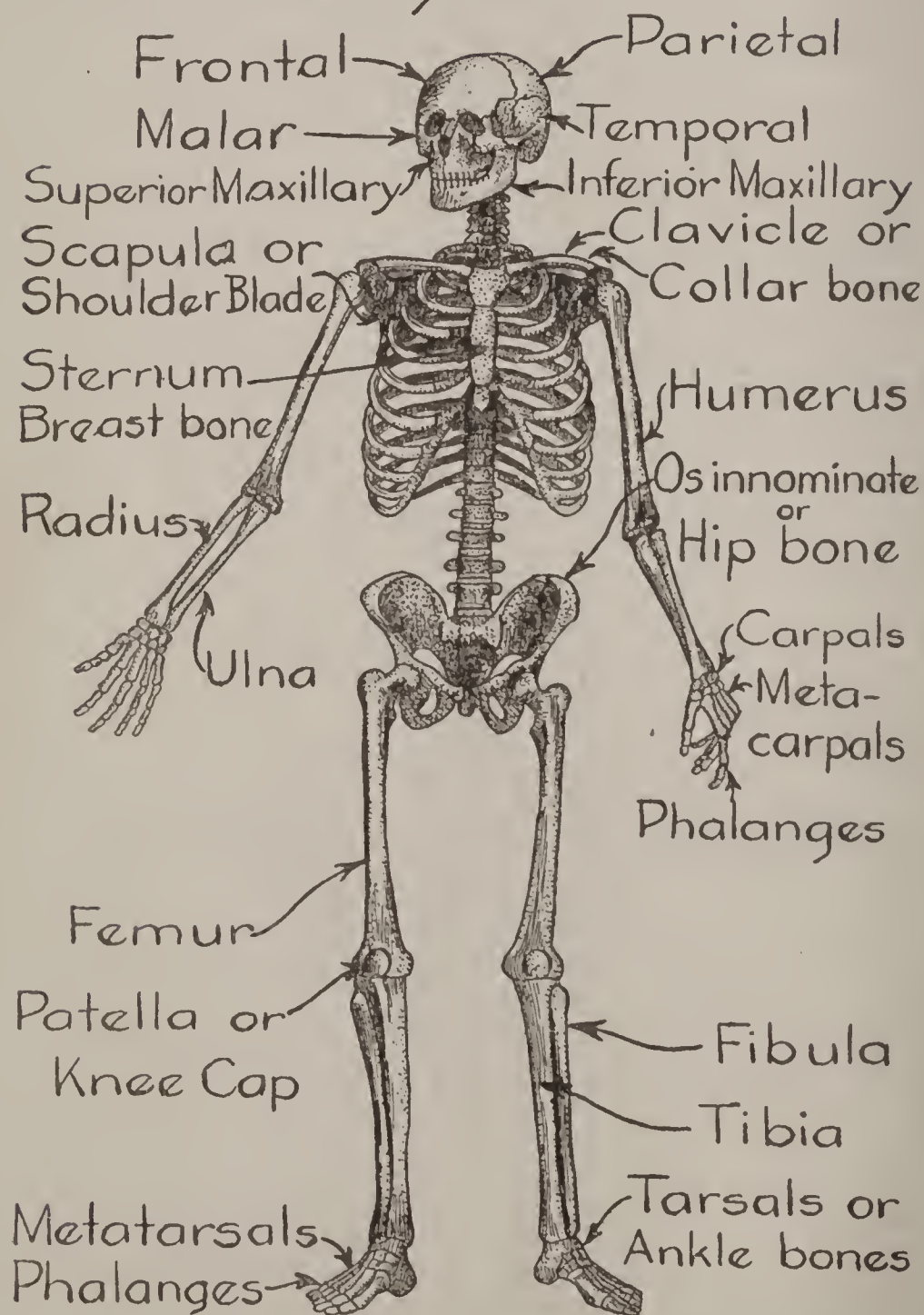
In conclusion it might be said, due to the authenticated fact that ignorance of sex physiology predominates to such an extent throughout the length and breadth of the land, that this work is of incalculable value to every young man and every young woman, every husband and every wife, every father and every mother and should take a leading place in the library of every household. The writer owes a debt of gratitude to his contemporaries in the medical profession, college professors, etc., who so willingly furnished the indispensable knowledge which made this work possible. In extending his thanks and expressing his appreciation for

the cordial assistance and courteous treatment received from aforementioned gentlemen, the writer wishes it expressly understood that, were it not for their generous support this edition would have been beyond the realms of possibility.



Plate I

The Skeletal system of the Human body



LESSON II

LOVE AND MARRIAGE

Love, in its truest sense, is paramount to all the other gifts, which a wise and kindly nature has bestowed upon man to the exclusion of every other living creature. When nature endowed mankind with the power of love, there was left in his possession one of the most efficacious, if, to a certain extent, involuntary agencies for absolute happiness or destruction. Love makes the world go around. It can cause the upheaval and demolition of society, or help its upbuild and consolidation. It can kindle the flame of deadly warfare, and change the destiny of empires. It is beyond the question of a doubt, the most potent agency which governs the existence of mankind. Some writers claim that love and passion are two distinct, separate embodiments of the human structure and should not be construed as one and the same, or classed under the same heading. The writer, however, begs to differ with this statement and wishes to quote the following in favor of his conclusions: The attributes of human love are complex, its component parts being, primarily, composed of affection, passion and the natural desire for procreation, which last is ever uppermost in the human structure and which blends into a perfect whole, two natures to constitute the love which

is essentially human. The spontaneous impulse of procreation to act for the individual good, or the paternal and maternal instinct of the male and female respectively, is an absolute prerequisite to love in its fullest sense, without which, real, true love would be conspicuous by its absence, leaving nothing but affection to take its place. The marriage relation is, therefore, the only legitimate means whereby love can be consummated in its entirety.

The Divorce Court Evil. The question has been, and will, undoubtedly, be asked until the end of time, why it is that so many marriages are a failure, ending in the divorce courts in many instances in preference to living a life of infelicity, social drudgery and degradation? Why the loveless marriages are so numerous in this century of enlightenment, may very well be asked. This is a question which is troubling the minds of many. It might also be said to be one of the most perplexing problems of the present day and one, the solution of which, is of vital interest to the future success and welfare of the whole civilized race. The writer, with the voluntary aid of some of our most successful, conservative medical practitioners, philanthropists and humanitarians, ventures to undertake the solution of this momentous problem.

The world at large knows, unquestionably, that present day marriages are far from being the ideal union, society would have them be,

notwithstanding the fact that chastity reaps its just rewards. A thorough understanding of the marriage proper and conjugal relation between man and wife cannot fail to bring happiness, in the fullest sense of the word, where chasteness is looked upon as next to godliness. Statistics prove that, among some of our most respectable communities, at least one out of every two marriages ends in failure. The divorce court plays an important part in marriage failures. The innumerable desertions and other unhappy unions help to swell the number.

The divorce court has become so popular of recent years, that it has prompted one of our well-known humorists, in one of his characteristic facetious moods, to issue the following pleasantry: "Although divorce and marriage are antagonistic towards each other, the former will never outnumber the latter." Notwithstanding the fact that there are many unhappy unions where complete separation, or legal dissolution of the matrimonial bonds are an absolute requisite to the ultimate happiness of the individual it is nevertheless cause for alarm when we realize what a close competitor the divorce court is to the wedding festival. As long as the dominating feature of the marriage union is wholly passion and entered into to gratify this instinct alone, so long will the divorce court function with aforementioned results and so long will unhappy marriages be the order of the day.

Fixed Principles. Physical, mental and spiritual cleanliness are the fundamental principles which should guide the young man and young woman anticipating wedlock. It is always well to have certain fixed guiding principles to go by and they will find them of incalculable value in realizing the full fruits of a happy and successful marriage. Without the guidance of these absolutely necessary qualifications, the marriage bond, so happily entered into, will end in unhappiness and complete failure. The mating instinct, which in itself makes sex attraction of paramount importance, being strongly embodied in the structure of every living being, it behooves members of either sex to look well before they leap into the bonds of matrimony, lest they realize, when it is too late, the sad fact that their marriage was a curse instead of a blessing.

Notwithstanding the many present day divorces, unhappy unions, desertions, etc., already referred to and the discontent, dissatisfaction, disloyalty and inconsistency to be met with in married life, and the arguments brought forth, occasionally, to picture marriage as a complete failure, by many of those, who, either through being mis-mated or through unhappiness caused by a misunderstanding of each other or ignorance of the natural laws governing conjugal relation, it must be conceded that the marital union, is indubitably, the only form of coalition

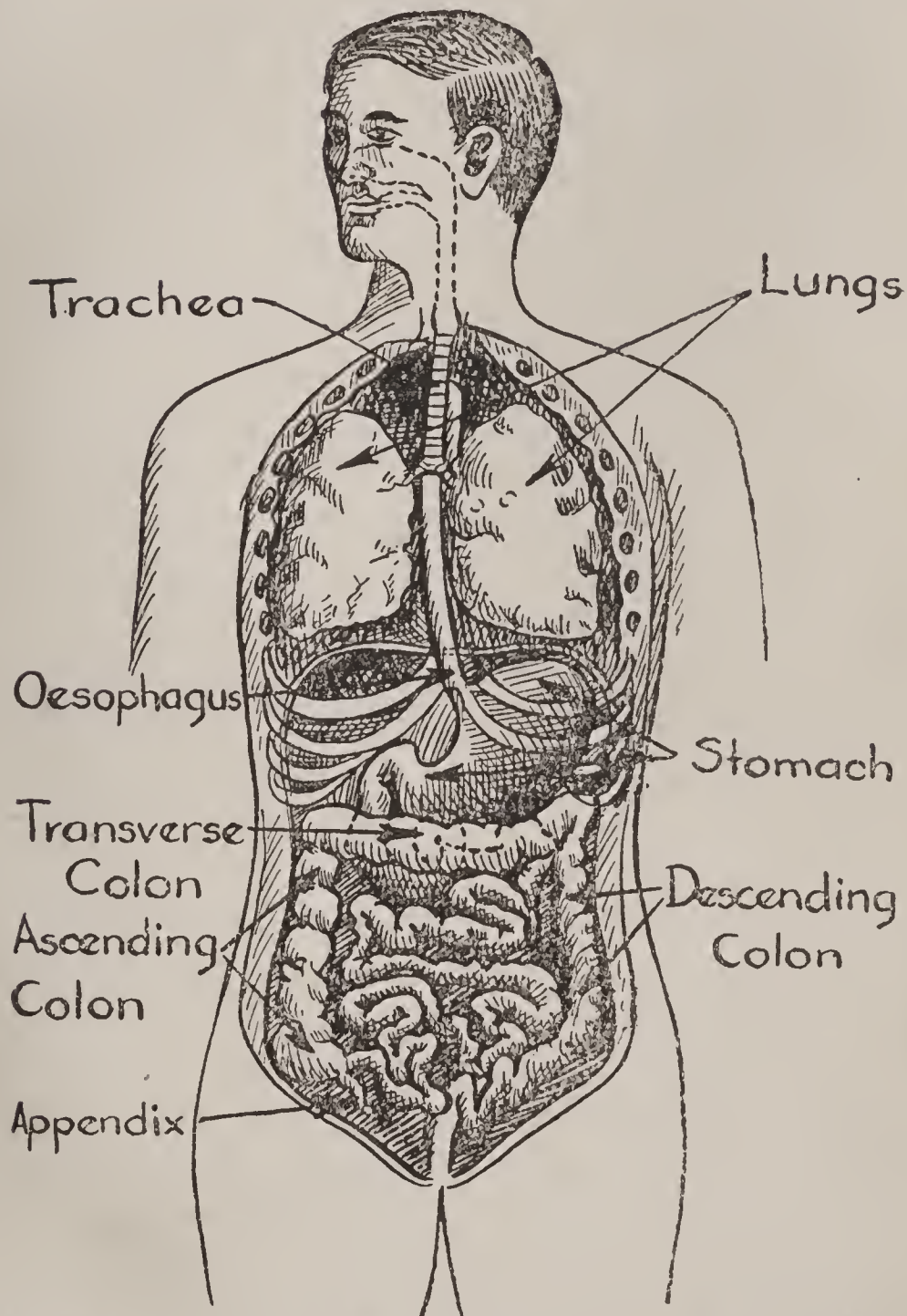
of the sexes, which can bring lasting success and happiness.

It is an acknowledged fact that marriage, being the natural condition of the adult, brings everything worth while in human nature to the front. Our greatest, brainest and best lay great stress on the fact that it was the contentment, happiness and encouragement they met with in their married state, which were primarily responsible for their success in life. There are innumerable instances on record, which go to prove, beyond all question of a doubt, that a harmonious marital union is an absolute requisite to the complete happiness and success of the individual.

Love—A Sacred Flame. One point, which everyone, irrespective of sex, would do well to impress very firmly upon their minds, especially young wives and young husbands and those that expect to be married, is the erroneous idea that true love never dies. This is one of the gravest mistakes of married life. Love will wither and decay just as the flower plucked from the garden bed, if neglected. Love is a sacred flame which has to be fed with the fuel of human kindness, faithfulness, affection and a desire to make the best of things at all hazards. Without this fuel it will languish and die, just as the flame from the furnace fire will smolder and cease to throw forth warmth if not supplied with the essential heat producing elements. The young

married couple must always remember that this world is not a bed of roses. When the young bridal couple start out on life's stormy path they should bear well in mind, notwithstanding the fact that exquisite bliss and happiness is their present allotment from heaven and that they have sworn absolute fidelity and eternal love towards each other for ever and a day, that many things are liable to occur to mar the happiness, which seems to be without end. There will be many ups and downs; many obstacles to surmount; many crosses to be met with; there may be petty jealousies to contend with, and love will be sorely tried betimes. Those are some of the divers occasions when the power of love will be put to the test. An indiscreet word or action at those vital moments may wreck the very foundation of love. A kind word of encouragement or loving embrace, as the case warrants, should fill the gap. You should express, whatever loving sentiments that you may feel towards each other, on every possible occasion. You should not neglect the many little courtesies, lover's embraces and kisses. In other words, you should make your married life one long courtship, not an occasional one, lest the holy, sacred flame of love may smolder and die, and once dead, may never be rekindled.

Plate II



Viscera of the Pleural and the Abdominal cavities

LESSON III

ESSENTIAL SEX KNOWLEDGE

Any reliable authority will tell you that illness peculiar to women, including the various diseases of the genitals, associated with sexual excesses, with their classification, treatment, etc., would require a distinct, separate volume in itself. We have therefore treated on this subject very lightly. Sufficient mention has however been made and facts given in this book to justify us in the belief that women in general will be greatly benefited by the knowledge imparted throughout its pages.

Every business and profession of today requires special training, if proficiency is the goal to be reached. This same rule should apply to the young man and young woman branching out into manhood and womanhood. Especially is such a training an absolute prerequisite to successful, happy motherhood. We sit idly by and allow the young woman of today to enter into the bonds of matrimony without any previous training and, in the greater number of instances, in complete ignorance of sex physiology, notwithstanding the fact that we would not think of this young woman in any other special line of endeavor without proper training in such a sphere of life. With such conditions dominating present day society, can it be any cause for

wonder that there is so much illness among women of today, due, admittedly, to heredity in some cases, but to ignorance of the fundamental principles regarding sex anatomy and the physiological functions concerning her sex life, in a goodly number of instances. Can there be anything more absurd than to consider sex education, along this line, prejudicial to a young woman's welfare.

The writer will not go into womans' illness, in detail, here. Enough has been said, whereby the average man and woman, who peruses this work and profits thereby, and who is careful in all other respects, may lead a happy married life and reap the full benefits of the nuptial blessing bestowed upon them. "The best laid plans of men and mice gang-aft-agly." This might be said to be as true of married life as of any other project and this maxim is just as applicable to the marriage union as to any other sphere of life. Nevertheless, extreme precaution should be used when choosing the father or mother of your offspring. This should especially apply to the young woman anticipating wedlock. Many a young woman has been practically ruined for life, physically and mentally, by her choice of a spouse. "Look well before you leap" is a very good maxim to apply. Good looks or wealth do not always bring happiness. There are many angles to consider, which it would be well for every young woman to dwell

upon seriously. Diseases can be prevalent, even in some of the best families.

There are many normal individuals in our midst with one or other of their parents physically or mentally impaired, or both, to a more or less greater extent, as the result of venereal disease, contracted or inherited. Although such individuals may be decidedly normal in every respect, it is very inadvisable, due to the fact that they have descended from diseased stock, to choose a partner from among them. Happy, healthy children are the natural result of marriage. Happiness and health is the birthright of every child. If only for this reason alone, the average healthy young man or woman would not think of choosing a mate suffering from tuberculosis. It is a common occurrence to find a normal, healthy man or woman with a father, mother, sister or brother incapacitated more or less with inherited disease, such as syphilis, paresis, feeble-mindedness, epilepsy, paronia, praecox and other forms of insanity and disease. We have been often warned against and shown the inadvisability of mating with an individual suffering from the white plague, if we desire healthy offspring, but, due to the cloak of secrecy which covers everything pertaining to the sexual organs, their use and abuse, etc., we rarely ever are told, or hear of the frightful results of mating with the individual who has inherited some physical or

mental weakness as the result of venereal disease contracted by the parent, but who was fortunate enough to escape the actual blemish, only to have it passed on, in all probability, to the next generation. To marry the young man or young woman from such a family is really a crime against civilization, due to the fact that, although the individual in question is seemingly normal in every respect, the disease inherited and with which some member of the family may be stricken, is very apt to be transmitted to your children. In order to prevent the possibility of such a union it would be well to study the family history of the young man or young woman you anticipate choosing for a life partner before taking the final step. It is of the highest importance that anyone anticipating wedlock be on his or her guard against contracting marriage into a family where symptoms of inherited weakness, as the result of some social disease, has shown itself. Even if your wedding engagement has already been announced, you would be well advised to cancel it before it is too late, if you wish to offset the possibilities of becoming the parent of diseased offspring.

A very good illustration of what may happen where a marriage takes place with one of the contracting parties apparently normal in every respect, but whose parent was a victim of social disease in his earlier manhood, is the case of John X.

John was, to all outward appearances, a

healthy, robust young man of twenty-six years old when he became acquainted with and shortly afterwards married a healthy, happy specimen of young womanhood, Elsie Z. It was considered a perfect union by their friends and acquaintances, many of whom had known them since childhood. They both loved each other and had sufficient interests in common to become more and more attached to each other as the years rolled by. Exactly thirteen months from their wedding day the wife gave birth to a baby boy, which seemed the happiest moment of the young lives of both father and mother. Their love and affection seemed to grow more intense towards each other, if that were humanely possible, with the coming of the happy event. The child, to all outward appearances, gradually developed, physically and mentally, the first three years of its life. In the meantime the happy mother gave birth to a baby girl, who, a few months after birth, began to suffer from convulsions, which necessitated a call for the physician, who diagnosed the baby's case as one of epilepsy, or epileptic convulsions, from which the little girl died shortly afterwards.

On visiting the family shortly after the death of the last born, to treat the mother for a minor complaint, the physician's attention was drawn to their baby boy, who, after a thorough examination, was proven to be an imbecile, necessitating the boy's incarceration in a State institu-

tion for the feeble-minded, whereupon the physician decided to pry into the history of the parents. On investigating the family history it was discovered that the grandfather, on the paternal side, had been temporarily discharged from a sanitarium, in which he had been incarcerated several months, where he was generally supposed to have been treated for nervous strain, brought on by overwork.

The real facts in the case however were that this man had contracted syphilis several years previous to his marriage, but believed he had effected a cure. (See Lesson IV, "Venereal Disease and Sex Ignorance.") His incarceration in aforementioned sanitarium was simply due to the fact that his syphilitic condition had developed into paresis, which disease has been found to be incurable. A paretic patient, in the earlier stages of the disease, whose condition is such as to necessitate his removal, or committal to a sanitarium, or other institution for treatment, may recover his mental and physical powers to such an extent as to merit a parole or temporary discharge. Even those instances are exceptional and are then only possible under the most favorable circumstances, as paretic patients decline rapidly, both physically and mentally, and invariably succumb to the disease in a very few years.

Sexual Desires in Women Normal. Much has been said, in another part of this book, of the

sex manifestations of the male and female. The contrast, when drawn, as already stated, is very perceptible. This is only as it should be, for obvious reasons. We trust that our readers will not misinterpret our meaning in this direction. We do not wish to convey the impression that the sex impulse is not strongly developed in the average healthy woman. The emotional impulse for procreation, or creative energy, although seemingly dormant in the woman, due to her acquired habits of self-control, can be transmuted by the female, under favorable circumstances, just as forcibly as by the male. The erroneous idea formed by a good many women, particularly the younger women, that it is necessary to pretend the emotional impulse for procreation, when, at certain times, it is really conspicuous by its absence, is altogether very wrong, just as much as pretending that manifestation of the normal sexual desire is absent when sexual intercourse is really desired and the creative impulse strongly manifested within her.

Absurd teachings by older companions possibly and wrongful impressions gained through unwarranted prejudices, have a great deal to do with these unnatural conditions, whereby the young married woman is fearful, on the one hand, of being considered immoral or depraved or, on the other hand, lacking in the normal sexual feeling. The married woman should be guided by nature's laws and act accordingly, by

being natural in her thoughts and actions at all times. The unmarried woman should bring her will-power to bear whenever she feels or experiences the manifestation of the sexual impulse. She should acquire self-control at all hazards, just as much, if not more, than in any other phase of her existence. The sexual appetite, or desire for procreation, is a natural one and there is therefore no reason why the married woman should not appease her sexual desires as she would her normal desires in any other direction. If she had no appetite for food she would not partake thereof. Then why attempt to hide from her husband the fact that she does or does not, as the case warrants, desire pleasure from the sexual relation.

So much for the normal sexual impulses in women. Now let us treat awhile on the abnormal sexual desires in the female; their cause and cure.

Alcohol and Abnormal Sexual Desires in Women. With the exception of inherited traits in this direction, which are few and far between and a diseased condition of the procreative organs, abnormal sexual desires in women are far less pronounced in the female than in the male. Under certain conditions however abnormal sexual desires may be as pronounced in women as in men and in a good many cases, more so. Let us take for instance the young woman who indulges for the

first time in alcoholic stimulants, either at the request of some so-called particular male friend or of her own accord, which latter however is of very rare occurrence, the tempter, in the form of some male acquaintance, invariably being the cause of the young woman's first alcoholic drink. In nearly every instance the means by which the young woman secured her first alcoholic drink, or beverage, shall we say, was also the means by which she was eventually seduced, alcohol being one of the most powerful agents towards the downfall of any young woman and the most potent agency in the hands of the seducer. Its efficaciousness is ever powerful as an ally of the profligate, seducer or pimp, and, under certain circumstances, a deadly enemy of chastity. There are some forms of alcohol which have a tendency to excite the sexual passions and stimulate the sexual organs beyond what nature intended the procreative impulse for. Chief among these might be listed the following, which include champagne, port and sherry wines, gins, brandies, whiskies, etc.

Champagne is a favorite ally of the debauchee, or libertine in seducing young women, due to the fact, principally, that it is more palatable, more easily assimilated into the system and may be partaken of more readily without the drastic or nauseating effects which accompany other alcoholic stimulants. Gin, due to its general stimulating effects, especially upon the kidneys, has been much in vogue.

Port and sherry wines, brandies, whiskies, etc. all play a very important part in producing abnormal sexual desires, especially so in the case of the woman, considerably more so than in the man, due principally to the physical characteristics of the former. Just as morphine, cocaine, and other similar narcotics have a more powerful effect on the woman than the man, so has alcoholic beverages of all kinds, in exciting the sexual passions beyond the normal stage. Every young woman should therefore be on her guard against alcohol in any form and refuse, absolutely, to touch intoxicating liquors of any kind outside of her own household and particularly in the company of a male stranger or so-called acquaintance.

Result of Sex Ignorance and Parents Neglect.

Although we have gone into this subject more deeply in another part of this book it might be well to state here a few facts relative to the menstrual flow, or "monthly period," as it is more familiarly known.

The writer knows, from past experience and acquired knowledge, to what extent prudery and false modesty will go in the rearing of children. The extreme care that is taken by a good many parents in preventing, in every way possible, their boys and girls from obtaining even the most rudimentary elements of sex knowledge, is really ridiculous, and were it not of such serious import, would be highly amusing

and laughable. It may seem strange to relate, but it is nevertheless a well proven fact that many young women enter into the stage of puberty in absolute ignorance of the cause and reasons for the menstrual flow, or monthly period. Many girls at this critical time of their young lives believe they have met with an accident of some sort or other, which they cannot account for. Some even believe that they must have accidentally cut or injured themselves in some mysterious manner, while others look for some diseased condition, directly or indirectly, connected with their sexual organs. They all proceed to curb the flow to the best of their limited knowledge, usually in as hurriedly and secretly a manner as possible, fearing their parents, elders, or associates may become aware of what they consider a mystifying fact. Their physical condition may be affected to a more or less extent, depending upon the temperament and emotional nature of the young woman. If they experience any of the symptoms which invariably accompany their first monthly period, they usually hide the fact also, or misinterpret and misrepresent the cause.

Why any young woman should be permitted to enter into this stage of her existence without being informed of the actual state of affairs by her mother, is more than the writer can understand. One would hardly think it credible that such conditions obtain even in some of our best regulated families. This state of affairs is un-

doubtedly carrying prudery and false modesty beyond the limits of reason. It is really distressing to think that any enlightened, intelligent mother would allow her daughters to reach this stage of their lives without giving them the advice they so badly need on this vital subject. Ignorance, in any form, is to be condemned and none more so than in the sex relation. It cannot be impressed too firmly on the minds of all, that reliable information concerning the marriage relation is an absolute necessity.

The following heartrending incident, which was brought to the writer's attention some few years ago and which is only one of many somewhat similar instances met with by the average physician in the different spheres of society, should be sufficient proof, in itself, of what is liable to happen to any young woman brought up from childhood to adolescence without the proper instruction necessary to her physical, moral and mental well-being, or, in other words, reaching maturity, lacking knowledge of the functions of her sex.

The object of the writer in singling this case out for his readers' benefit, is primarily due to the fact that he knew the young woman in question all of her life, being physician for the family at the time of her birth and for several years afterwards, including the time that the sad occurrence took place, which we are about to relate.

Being the only child of one of our most suc-

cessful business men, it might be said that her every whim was gratified. She had everything that riches could buy. Her parents, being plentifully supplied with this world's goods, they could afford to bring her up in the lap of luxury. She was the recipient of every care and attention that wealth could bestow upon her. Her earlier education and training were received in one of the leading convents of the country. At the termination of her convent training her parents decided to accompany her to Europe to give her an opportunity of finishing her education abroad and mingling in the Old World society. A short time previous to her anticipated journey, she became slightly indisposed, as occurs to a good many young women at this period of their lives, having reached the threshold of womanhood. The writer was summoned, in his professional capacity, to treat her for her ailment, having, by this time, become both friend and confidante, as well as medical adviser to both the mother and daughter. Her condition warranted the mildest form of treatment to prepare her for the journey, having taken the trip a week from the time of my visit. She spent some two years abroad and returned in the full bloom of young womanhood, brimming over with vitality and everything that goes to make life an earthly paradise. Her physique was as well-nigh perfect as it was possible for any young woman to possess, due, principally to the sound, healthy,

clean stock from which she sprung. Her moral and mental outlook compared very favorably with her physique. She was a perfect specimen of young womanhood; perfect in body, soul and mind. She was a splendid type of the stork trained girl, who was left to acquire what limited knowledge she possessed of sex physiology and everything that pertains to sex relationship through haphazard means.

She was now a very refined, accomplished young woman for her age and became very popular with society's younger set. Due to an extended practice, which occupied the greater part of my time, I had not the opportunity of seeing her very often during the first few weeks following her return from abroad. One evening, rather late in the fall of the year, some few months following her arrival, I was called to the phone by Mrs. Z, who requested me to come at once to her home, as her daughter, X, was ill. I immediately responded to the call and after a preliminary conversation with the mother, who had not the least idea of her daughter's ailment, I requested to be left alone with the latter. After a brief examination I discovered the source of all the trouble. I endeavored to get the young woman to admit the cause, but she steadfastly refused, until I acquainted her of her actual condition, whereupon she told me the whole story from beginning to end.

One not so well acquainted with the family and the girl herself would doubt the credibility

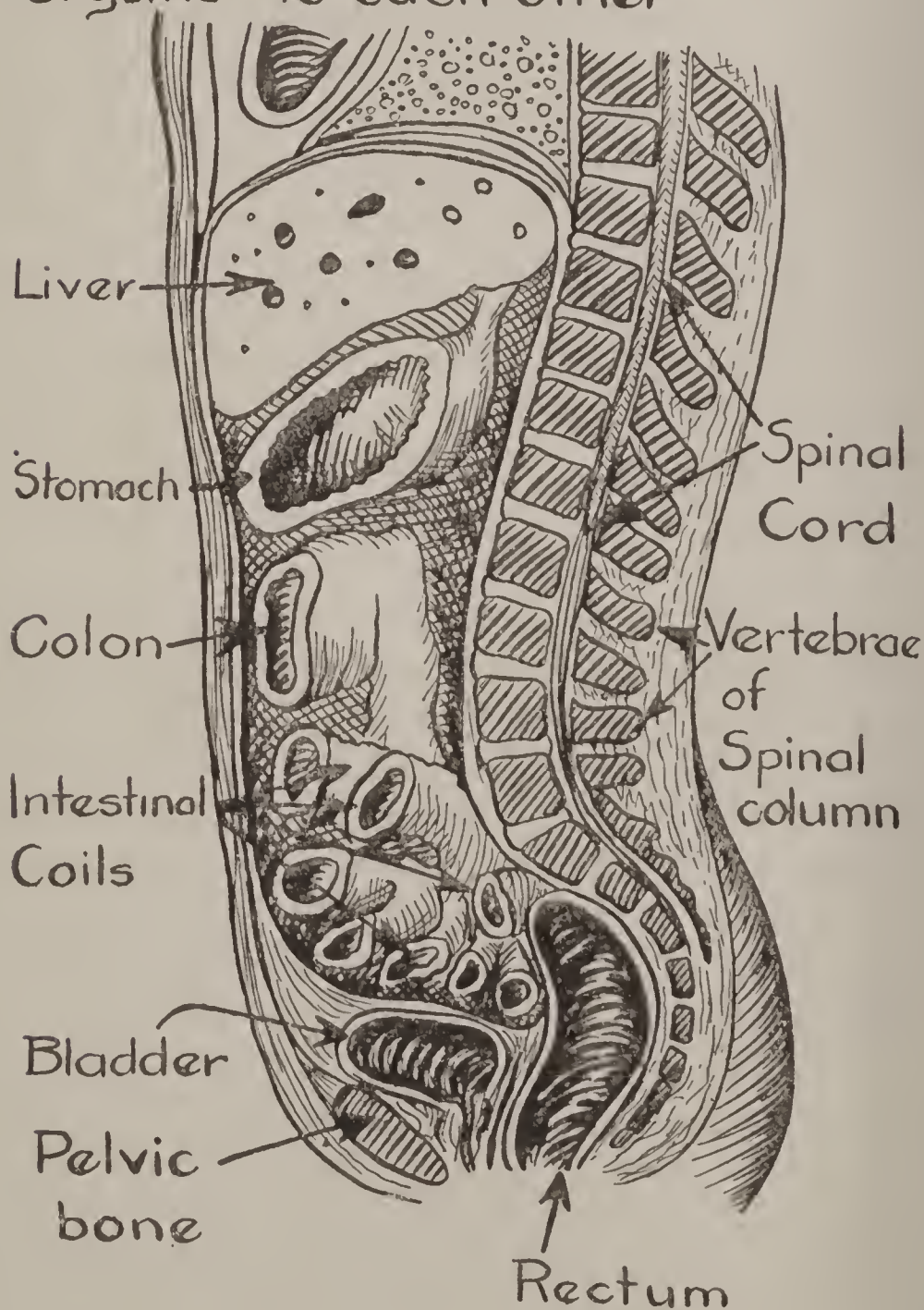
of such a story. It is but another case in point of truth being stranger than fiction. She had become enamored with a certain young man some few years her senior, and in her innocence and the goodness of her young heart, yielded to his advances, thinking no harm could come from her indiscretion, as she was pleased to term her first false step, with the result that she became pregnant, which fact she desired to keep from her parents as long as she possibly could. The ignominy and disgrace which she felt her mistake would bring upon her and her family had already influenced her young mind to such an extent that she premeditated suicide. In order to alleviate her mental anguish I endeavored to calm her fears and remonstrated to her the folly of her thoughts. I informed the mother of the real facts in the case, who immediately burst into tears, saying, "How can I inform her father." Notwithstanding the fact that I had been physician, friend and confidante of the family for several years, I was only prevented by the arrival of Mr. Z on the scene from telling this woman that the blame for her daughter's mistake should be placed upon the girl's mother for allowing her child to reach such an age in ignorance of the most fundamental elements of sex, or the physical laws governing the sex relation.

The boy and girl is developed mentally and physically at our schools, his or her earlier training being received, when the brain is most plas-

tic, at home. Who, therefore, are better fitted to educate their offspring, as the child develops, in matters pertaining to sex, than the parents? Is it not preferable to have your child receive information on the vital subject of sex from you, rather than obtain it from some illiterate school associate? It cannot be said to their credit that the majority of the parents permit their children to grow up untrained and in ignorance of even the most elementary principles of Sex Hygiene, and on the very rare occasions when the sexual organs are referred to, it is in such a manner as to arouse the child's suspicion, who, eventually, begins to look upon these organs as indecent. The morbid curiosity of the child being thus aroused, information is sought from other sources and is, invariably, obtained in such a coarse, low, vulgar way, from older children and depraved adults, as to completely shock the finer sensibilities, temporarily of course, sad to say, due to the fact that the insinuations and expressions, which, at first, shocked and caused a feeling of repugnance, were listened to and repeated later by the boy or girl themselves, as the case may be, without a qualm of conscience.

Plate III

Section of the body showing
the relation of the internal
organs to each other



LESSON IV

**VENEREAL DISEASE AND SEX
IGNORANCE**

The jocular manner in which so many young men speak of venereal diseases, even among members of some of our best families, is really heartrending. It makes one shudder to think what may eventually become of the youth who makes a jest of what might be termed one of the most momentous and perplexing problems with which society has to contend with today. Many of those young men, in conversation with their youthful companions, boast of the fact that they have contracted venereal disease on several occasions. Some have been known to remark that they would much prefer certain forms of venereal disease to a bad cold, as they seem to think they can get rid of the former more easily than the cold. These conditions obtaining in our midst may be said to be simply and solely due to lack of knowledge on even the most fundamental elements of the sex relation. Would it not be considerably better, in fact a boon to those young men, to advise them of the evil of their ways? Were it not better for those young men, instead of being permitted to reach the age of maturity in such ignorance of the sex relation, to have been cautioned by their parents, or at the schools, against the evils at-

tending cohabitation with loose, or lewd women, thereby preventing the possibilities of ruining themselves physically, mentally and morally, and blasting the lives of their families by transmitting the disease to their offspring and even their wives?

A few of those young men may possibly have inherited a depraved sexual nature from some one or other of their ancestors, for it cannot be gainsaid that heredity is the foundation of character. The same law of heredity will not permit apricots to grow on orange trees, nor roses to bloom on sage brush, nor bananas from the pineapple shrub. We cannot escape our heredity; whether they be virtues or vices, they are our inheritance from our ancestors. A good many organic diseases are traceable to heredity, including tuberculosis in its various forms, embracing bone, lung and lymphatic glands; certain forms of heart trouble; insanity, etc. Therefore it is only natural to expect that a depraved sexual nature can be inherited from past generations, which will assert itself on every possible occasion, unless curbed by the individual will-power. It has been proven conclusively that, whether they be vices or virtues, they can be handed down to the third and fourth generation.

If the average young man only knew the appalling results produced through contracting venereal diseases, the thoughts of associating with fast women, or prostitutes, would, to say

the least, be repugnant to him. Venereal diseases, in themselves, especially in some forms, are of minor importance, compared with the serious results which appear years after their acquisition, when the individual has been lulled into a mistaken sense of security by long freedom from manifestation of the disease and believes a cure has been effected. It is a very serious mistake to think that venereal disease may be gotten rid of very easily, by the use of quack medicines, or so-called quick cures, as advertised in the various magazines, etc., and obtained at the many drug stores throughout the country. Such remedies, often called "blood purifiers," are a complete fake. There are other remedies, which apparently cure, but are really misleading, insofar as they just treat the complaint and not the cause and, in reality, leave the venereal patient in a worse condition than before, due to the fact that he is lulled into the belief that a cure has been effected by the stoppage of all outward symptoms. The young man should understand that the germs of venereal disease lurk in the system years after the outward symptoms disappear and certain forms may be communicated by cohabitation, or occasionally by personal contact, such as a kiss. Articles moistened by his secretions, such as towels, drinking utensils, etc., have also a possible tendency to transmit the disease.

It is extremely difficult to distinguish between the two principal forms of venereal dis-

ease—chancroid, or soft chancre, and syphilis, or hard chancre. A reputable physician should therefore be immediately consulted and his advice should be accepted and faithfully carried out. The young man should waste no time on so-called speedy cures, which are only meant to deceive, by removal of the outward symptoms, which lead the patient to believe he is apparently cured and are only manufactured for financial gain. Insanity, apoplexy, general paralysis, or paresis, locomotor ataxia and heart disease are but a few of the many diseases which may be produced as the results of syphilis.

Gonorrhoea is another loathsome disease of the sexual organs, which may be contracted through illicit cohabitation with lewd women, which every young man should guard against at all hazards. It should be remembered that all women who practice a life of prostitution contract venereal diseases some time or other. It has been proven that a good many prostitutes are diseased the greater part, if not all of the time.

Although of more serious import than chancroid or soft chancre, but considerably less drastic in its effects than syphilis, when taken in time and treated by a reputable physician, gonorrhoeal infection, if chronic, may result in dire consequences, including death. If death of the individual only was the result of becoming infected with the germs of gonorrhoea, society would be far better off, than under

existing conditions, where many pure, innocent wives and children have been ruined for life through the husband transmitting this disease to his spouse.

Although some physicians claim that gonorrhoea, if treated properly in its very early stages, is one of the most amenable diseases of all to treatment, it is nevertheless an authenticated fact that many cases of gonorrhoea, which have seemingly been successfully treated, have been known to recur in later life.

There are many cases of young men who contracted gonorrhoea and effected a cure, only to have the germs reappear later in life with the result that they transmitted the disease to their wives and children. Many babies are born into the world who are destined to never see the light of day through gonorrhoea infection, contracted by the mother of the offspring from just such a father who believed he had effected a cure in his earlier life. Many wives have been compelled to undergo major operations as the result of contracting gonorrhoea from their husbands. Many good, pure, innocent women have been unsexed as the result of a surgical operation, taken in many instances to save their lives, where gonorrhoeal infection caused abscesses among one or other of their ovaries. There are even cases in point where both ovaries and fallopian tubes were in such diseased condition as the result of gonorrhoeal infection transmitted by the husband to the wife

as to necessitate removal of both those organs by the surgeon's knife in order to save the life of the individual.

How many men and women of today, not to speak of past generations, are either physical or mental wrecks, or both, as the result of venereal diseases, due to sex ignorance, either on the part of themselves, or their ancestors? Our insane asylums and sanitariums tell a tale which cannot be looked over. Statistics conclusively prove that insanity is increasing at an alarming rate—in fact to such an extent that the question of segregation and classification of those unfortunately so afflicted has become of paramount importance. The adult man or woman, who, through heredity or otherwise, becomes incapacitated mentally and consequently a burden on society, deserves every sympathy and consideration. The numerous institutions scattered all over the American continent and Europe, filled in many instances to overflowing, are tangible proof of the ravages this terrible disease is making on civilization. When we also take into consideration the number of feeble-minded children who are brought into the world annually, it becomes apparent that one of the most vital problems of the present age is how best to cope with this ever increasing burden on society. Contemplation of the fact that the State surrounding our greatest metropolis, with a total population in her sixty-two counties of little over nine and one-half million, has a total

of approximately sixty thousand insane, is, in itself, convincing proof of the extent and seriousness of this terrible malady, which exempts neither race, class nor creed.

Under the present living and working conditions, medical skill and science seem to avail but little in combating this dreadful scourge, which, unfortunately, according to leading scientists, is handed down from past generations in a large majority of cases. How many, in those institutions, have contracted the dreadful disease of paresis, which is brought on, either directly or indirectly, as the result of one of the most loathsome diseases of the sexual organs, syphilis, and in nearly every instance due to sex ignorance on the part of the unfortunate man or woman who contracts this terrible malady?

Sentiment prevents the outside world from learning the vast number of paretic men and women—human derelicts, committed and incarcerated annually. This most dreadful of all diseases—commonly called “softening-of-the-brain”—would, in all probability, not be so prevalent today, were more enlightenment thrown upon the subject and Sex-Anatomy included in the curriculum of our schools. Sex instruction should be considered of vital importance in the training of every young man and young woman. The use and abuse of the sexual organs should be made the subject of a special study and thoroughly discussed in a sane, sensible, practical manner. The young

man should be given to understand that there are many pitfalls and that venereal diseases, once contracted, have a deteriorating effect, to say the least, on his mental, moral and physical well-being.



LESSON V

MASTURBATION OR ONANISM

Masturbation, or Onanism (incomplete sexual congress) might well be said to have been ushered into the world at the time of civilization. In uncivilized lands this vice is practically unknown. There are no laws, social or otherwise, among uncivilized races, which prevent them from appeasing their normal sexual appetite. There are no moral obligations existing in savage countries which compel them to refrain from full and complete gratification of their passions, according to the dictates of their animal nature. It is therefore not necessary for them to apply artificial methods, such as masturbation, or onanism, in order to secure an outlet for their passions. Masturbation among the savage races is therefore practically as rare an occurrence as it is among any of the lower animals. Masturbation, in civilized society, might be said to owe its origin to the fear of impregnation attached to normal sexual intercourse. The habit is usually cultivated when very young, invariably around the age of seven to ten, but rarely indulged in after reaching the age of fifteen to seventeen, when, if not discontinued permanently, is curbed considerably. The average healthy youth, addicted to this vice, on reaching aforementioned age, discovers

that this habit, if not stopped in time, will have a prejudicial effect on his whole system. At this age he is developing into young manhood. He begins to see the possibilities of his future life. He mixes to a more or less extent with older companions. He either joins in or listens to the conversation going on around him. Perchance in conversation with his friends and companions, sex matters are made mention of, or perhaps some indirect insinuation, or careless remark is made, which awakens him to the fact that things are not really what they should be. He may possibly read some sex literature. It matters not from what source he may receive his limited information, he is awakened to the fact that his habits are not exactly above reproach. He is interested and delves deeper into the subject. He invariably seeks information from more learned authorities, whether from a physician or books by reliable authors, with the result that he invariably refrains from the practice.

There have been numerous instances brought to the writer's attention where onanism has been practiced at as early an age as five and six, due primarily to the carelessness of parents in permitting the child to be handled in its tenderest years by some careless, indifferent nurse with a possible perverted sexual instinct, who, in many cases, in order to allay the child's cries, cause sensation of the genitals by titillation, which invariably has the desired result, as

the sensation produced has a tendency to quiet the child, but at what a cost to the victim. In many instances these children have been ruined for life as a result of becoming addicted to the habit to such an extent as to weaken the will-power and wreck the nervous system. These are usually the children who practice the habit at an extremely early age. The larger majority of children, who have passed this tender age without cultivating the habit only to fall a victim to this vice, two, three, or four years later, as the case may be, may be said to owe their ill-fortune to, or acquired the habit from, older associates, or more precocious, vicious playmates.

There are various, devious means by which incomplete sexual congress may be consummated, with causation of orgasm. The writer has in mind several patients, who applied to him for treatment. One of those was a young man, whose case warranted very close scrutiny and the most careful treatment to successfully aid him in conquering this evil habit. He admitted exciting his genitals by hand on every possible occasion, but cultivated the habit from climbing trees and hanging from a protruding branch a sufficient length of time to produce a complete orgasm. Another instance which might be recorded here for the benefit of the reader is that of a young woman, who became a confirmed masturbator, but was eventually completely cured of the habit, not however

until she had developed symptoms peculiar to a certain class of women, a disease known as nymphomania—insane sexual desire in a female. This young woman admitted that she was taught by an older schoolmate how to masturbate by hand and by the aid of artificial instruments. Her genital organs became so sensitive to the act in the earlier stages that many forms of slight exertion, such as straddling chairs, narrow lounges, horseback riding, with just sufficient exertion to arouse her passion caused all of the sensations attendant on masturbation. When accused of being a nymphomaniac, this young woman readily admitted the fact. Still another case might be cited of a young woman who cultivated the habit of masturbation through sliding down the banister of a stairway. From this beginning she was prompted to adopt newer and more convenient methods and eventually developed the habit to such an extent and practiced it for so many years that she began to show symptoms of hypochondriasis. Otherwise she seemed to enjoy fairly good health. She complained of being despondent and gloomy and greatly feared she was developing tuberculosis. On one of her frequent trips to my office I took a note of her history. I warned her to give the whole facts of her case, if she desired permanent recovery. It was only after great persuasion that she admitted being a masturbator. I thereupon informed her that her fears were imaginary and were caused by

the secret sin she had indulged in for so many years.

Many young men have been known to learn the art of manipulating their genitals through ill-advised exercises on cross bars, rings and other somewhat similar forms of athletics, where the weight of the body is held up by the hand. Outdoor exercise cannot be too highly commended for all boys and girls, especially after reaching the age of puberty. The boy or girl under seventeen would however be far better advised to refrain from those exercises which have a tendency to excite the genital organs. Especially is outdoor exercise helpful to those young men and young women, who are compelled to lead an indoor life, or follow some sedentary occupation. The latter have a tendency to foster thoughts, directly and indirectly, on the genital organs, which cannot but have a prejudicial effect, to say the least, on the minds of many otherwise healthy young men and young women.

Notwithstanding the fact that onanism has a much less deleterious effect on young women than young men, this vice is considerably less prevalent among the former than the latter. Contrary to the opinions of the uneducated, masturbation does not impair the general health to such an appreciable extent as to be outwardly noticeable, any more than illicit sexual intercourse, or overindulgence in the sex relation between man and wife, if curbed in time and

permanently stopped before the individual's teens are passed. Though being admittedly injurious to both sexes to a more or less extent, there are rarely any external signs by which one can justifiably point to this or that individual as a masturbator any more than they could to a married man, who freely indulges in sexual intercourse. Individuals of either sex, on reaching the age of seventeen or thereabouts, on finding themselves victims to this degrading vice, invariably cease to indulge further in the habit, with the result that they build themselves up in bodily strength and vigor. If, in the rare exceptions where this reformation does not take place, due to the complete mastery this vice has over their will-power and this act of self-pollution is still freely indulged in, unmistakable signs begin to manifest themselves sooner or later. These exceptions are however very rare and occur in practically every instance only where the individual is possessed of a depraved nature and low mentality. In cases of this kind, many of the nobler and finer instincts of mankind have been completely destroyed. It is at this stage that the victims develop characteristics peculiar to their type. The features take on a sallow, pale, anaemic hue. The face becomes practically void of expression. Dark circles surround the eyes, which are sunken and glassy. Shyness in company is characteristic of the individual at this stage. The eyes, sadly lacking the lustre of health, rarely meet those of

others, whether companions or strangers. Cowardliness, untrustworthiness, dullness and stupidity predominate more or less. Slovenliness in habits, slouching gait and general lack of interest in the performance of their regular round of duties are very perceptible. The victim is spiritless and inanimate and seemingly destitute of life. The power of concentration is lessened considerably. The memory is deficient. Absent-mindedness and incapability of properly performing the duties of the day, especially where mental effort is required are plainly evident. The victim gradually becomes lower and lower in the human scale, eventually resembling a mere animal in desires and actions. By this time, certain forms of disease, if not already contracted, are liable to develop at any time, either of mind, or body, or both.

Some scientists claim that the disease of epilepsy may be directly caused by onanism and that some of the worst cases of dementia in our insane asylums are directly traceable to masturbation and excessive sexual intercourse.

A case of a young woman, who developed epilepsy, was brought to the writer's attention some few years ago. This young woman, at the age of seventeen, decided on studying for a profession and to this end entered into a contract with her brother, some few years her senior, to help her attain the object of her desires. The brother, who held a rather lucrative position for his age, readily agreed to pay all of the expenses

of her education with the understanding that she was to reciprocate in kind when the opportunity availed itself. She studied diligently for a period of approximately three years, when she decided, having passed an examination to that end and acquired the necessary qualifications, to become a school teacher. During the few months which intervened between her final examination and her appointment to a school in a rural community she developed slight fits of despondency, from which she apparently gradually recovered. These despondent spells comprised the only form of physical, or mental trouble this young woman had suffered from during her young life. Those spells were of such a nature that no special significance could have been attached to them. In due time she received her appointment. On returning to her home at the end of the school term she was the recipient of a great deal of attention from her friends, who gave a somewhat elaborate entertainment in honor of her return. In the midst of the festivities it was noticed that her face took on a deathly pallor, which was immediately followed by her toppling over unconscious from a sitting posture to the floor. The convulsive movements of the features, torso and limbs, with a frothy substance oozing from the mouth, resembled all the symptoms of an epileptic convulsion. The family physician being away, I was called upon and administered temporary relief. Although the symptoms pointed strongly

to epilepsy I was slow in diagnosing the case.

Some two months afterwards I was called to the office of Dr. X, the family physician, in consultation. It appears the young woman had several convulsions during the intervening period, which alarmed her family considerably. All of the symptoms proved conclusively that she had developed epilepsy. Her family history was taken and proved to be comparatively free from diseased conditions on both sides, as far back as could be traced. Dr. X decided on having the young woman call at his office for a thorough examination and found her perfect in mind and body. He thereupon quizzed her concerning her habits. It was with reluctance that she admitted certain facts and then only on being advised by her physician, who knew her from childhood, that a cure could not be effected unless she answered his queries satisfactorily, whereupon she explained her case in detail, in strictest confidence. Her history, as she told it, was that of a confirmed masturbator. She stated that she was taught the habit of masturbation at the age of seven and indulged in it almost daily since. The habit had become so strong with her that even in her weakened condition immediately following an epileptic spasm she would attempt an orgasm.

This young woman was shown the evil of her habits, which she already knew something of and warned to immediately refrain from further indulgence in this vice. An earnest attempt on

her part was successful in relieving her condition to a considerable extent. Lustful dreams, which produced an orgasm however occurred practically every night for an indefinite period. In fact during the four years she suffered from epileptic convulsions lascivious dreams accompanied by an orgasm, disturbed her nightly slumbers.

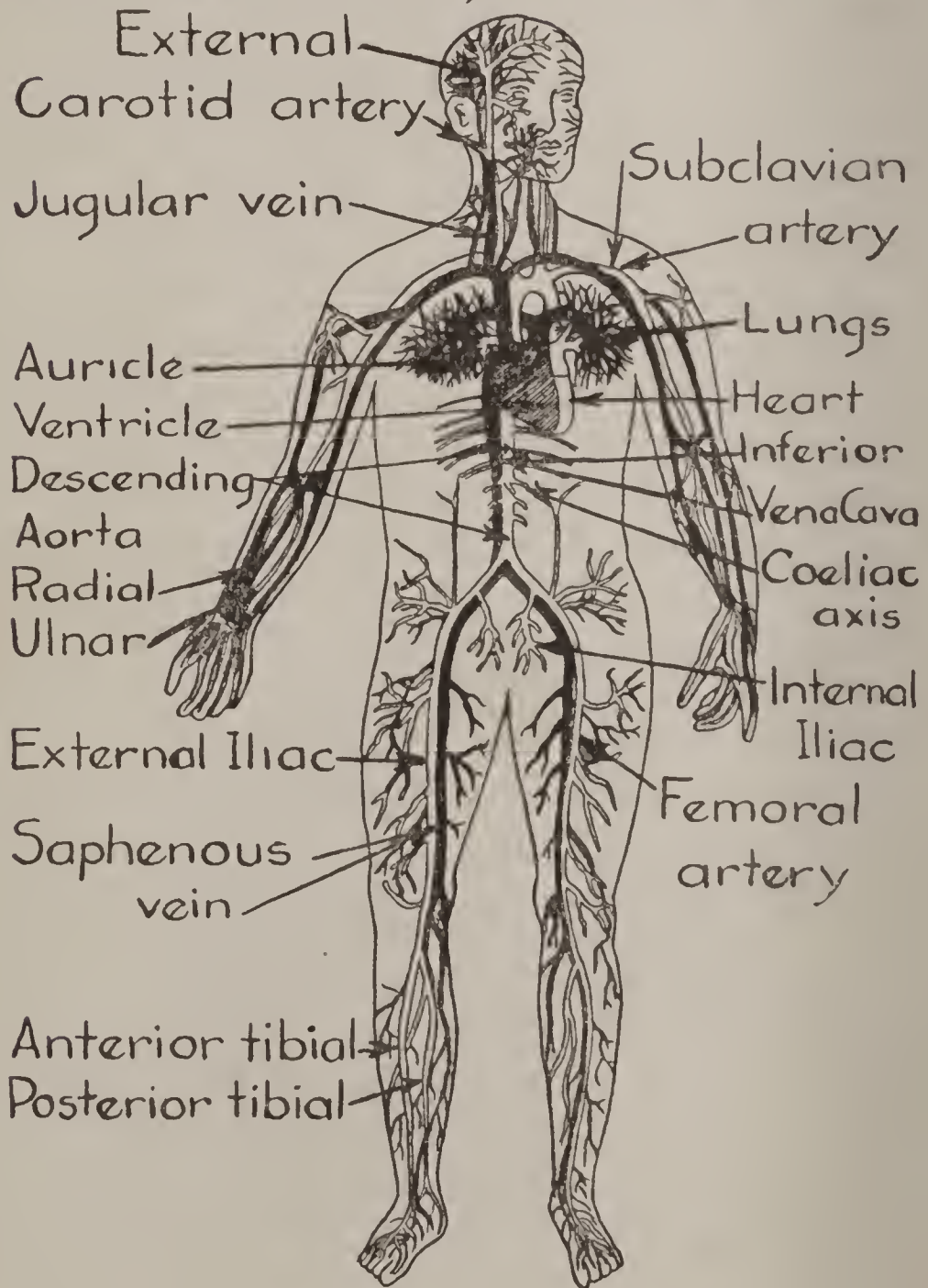
“The sins of the father shall be visited on the children, even unto the third and fourth generation.” If there is one case where this proverb is more applicable than another, it is in the case of masturbators. The sin lives after them to leave its mark upon their progeny and their progeny, who are robbed of their birthright by being born into the world with impaired vitality and in such weakened physical condition as to be incapable of resisting the many ills that children are heir to. Many of those children succumb to disease, which the average healthy child combats easily. Many are born to die before they reach the age of puberty, while those who live are physical weaklings as the result of this secret sin of their parents. Tuberculosis of the lungs has been traced, in many instances, to masturbation on the part of the parent. The writer has not gone into detail on the numerous diseases which follow in the wake of masturbation, as to do so would in itself necessitate publication of a new volume on the subject. He however fondly hopes that enough has already been said in the foregoing pages

under this heading to act as a warning to his readers of the evils attendant on this vice. He also trusts that the knowledge imparted herein will prove a boon to young men and young women, who, through no fault of their own, are addicted to the habit of masturbation and help strengthen them to combat this evil, which if not curbed in time, will most assuredly wreck their future lives and those of their nearest and dearest.



Plate IV

Blood vessels of the body. White vessels representing the arteries and black representing the veins



LESSON VI

THE SOCIAL EVIL

Harlotry or prostitution, as it is more commonly known, comprises our existing so-called "Social Evil." The origin of prostitution can be traced back to very early days. The word, prostitution is very much abused and is applied many times very much out of place. Prostitution in the real sense of the word, or as we understand it, is not necessarily applicable to all women who make the mistake of loving unwisely but too well. A prostitute, if we are to go by Webster, is a female given to indiscriminate lewdness, a base hireling, or in other words, a woman who offers herself publicly for lewd purposes for hire—a strumpet. Illicit sexual intercourse with one or more men does not in itself constitute prostitution, in the fullest sense of this much abused term. We wish it therefore to be distinctly understood that wherever prostitution is referred to under this heading, it refers to women who patronize men for illicit sexual relations for the purposes of obtaining money, whereby they make their livelihood. Prostitution was known and practiced long before the fall of the Grecian and Roman empires. Its members are comprised of women from all spheres of life, but particularly from among the illiterate classes of society, not only

in the cities and towns, but the rural districts.

It might well be asked, what is the chief cause underlying prostitution? and what is the best remedy for this accursed evil? This is one of the questions which is troubling the minds of some of our greatest moralists, philanthropists, etc. It is a question which so far has defied some of the most determined efforts put forth in any cause for solution.

Poverty among the poorer classes with its accompanying allies, undoubtedly have a deal to do with filling our large cities and towns with those unfortunate specimens of the human race. Love of adventure contributes in some degree. Love of finery helps to a more or less extent. Degeneracy and mental incompetency, with its accompanying traits, indolence and aggravated ideals of city life, help considerably to enlarge the number. Passion, lack of will-power, etc. help to swell the ranks. The chief contributing cause underlying prostitution, however, has been proven beyond all question of a doubt, to be due to the fact that many innocent young women were seduced to their ultimate complete ruin through being kept in such complete ignorance of even the most fundamental elements of sex physiology, that the full meaning of their indiscretion or first false step never, even for one second, dawned upon them, until it was too late to remedy their mistake or make amends.

Ignorance of sex matters predominate to a

greater extent among many young women of the present day than the average reader is possibly aware of. When you take into consideration the fact that many of those young women would, in all probability, have led virtuous lives, were they better advised before they made the false step, do you not think it is high time that the false modesty, hypocrisy and prudery which permit such a condition to obtain, be dispensed with? We will leave this question to be threshed out by the reader. Some scientists lay claim to the statement that prostitutes are primarily composed of both moral and mental defectives, while others go so far as to state that all women who lead a life of harlotry, are imperfect in body, mind and soul.

One point in connection with prostitution, which should be dwelt upon seriously, is that, were the conditions of life reversed and women to seek men for illicit sexual intercourse, there would be no such accursed evil as prostitution in our midst. This, in itself, goes to prove that man is wholly the contributing cause or factor and, in reality, the source from which "The Social Evil" originated, or sprung. History proves this to be so and that the man is responsible for the woman's downfall. Existing conditions of society only help to strengthen this proof.

Masturbation and Unbridled Sex Relation.
The average intelligent adult is fully aware of

the physical, mental and moral effects of masturbation on the human system. Although the mental effect is not so bad as some theorists would have us believe, it nevertheless has a deteriorating effect, which is only natural to expect when one takes into account the motive underlying the act. The average intelligent adult, as already mentioned, being aware of the dangers incident to masturbation, refrains from exercising his passion in this direction. Were this identical individual accused of being a masturbator, he would resent such an accusation, probably with all the strength within him and rightly so under normal conditions.

Let us go into this subject deeper and take, for instance, the habitue of what are commonly known as "Red Light Districts," or a man who makes a regular habit of visiting houses of ill-fame, or prostitution, in order to satisfy his sexual craving. Contrast this man with the masturbator. The former cohabits with women, in all probability, far below him, mentally and morally. Ask yourself the question, Can the result of such cohabitation have a beneficial effect upon this man's mentality, not to speak of his moral outlook? We say NO. It cannot but have a pernicious, destructive and degrading effect and compares very favorably with that of the masturbator, notwithstanding the fact that he had regular sexual intercourse as he would have had with his wife, were he married. We will leave all danger of the possibility

of contracting venereal disease from the women with whom this man cohabits out of the question, which is a feature which should be uppermost in the mind of every young man anticipating a visit to a brothel or home for prostitutes, or streetwalkers. If he is a man of a depraved nature, low mentality, or brutish inclination, the mental effect will not be great. He does not necessarily have to be a man of culture or refinement, but the more cultured and refined the nature the greater will be the mental deterioration. His real sexual appetite is not appeased any more than is the sexual desires of the masturbator. The mating instinct is absent. There is no affection on his part for the women he cohabits with. He receives no return or response, sexually so to speak, from the prostitute. She is a victim of circumstances, who is in the business for hire alone. She allows herself passively to cohabit with the man. The total result is that, as with the masturbator, he invariably is more disgusted at the termination of his act than previous to letting his passion run away with his good sense. Practically the same mental effect takes place as if he committed masturbation. Continuation of these conditions by frequent visits to the parlor houses, dives or brothels, as the case may be, causes his degradation and the deterioration of his mental powers more and more, so much so as to eventually cause him to become more and more perverted in his ideas of sex and ulti-

mately to cultivate abnormal sexual desires, which predominate in all houses of ill-fame. His mental condition by this time has become lowered to such a degree, his physique impaired, his will-power weakened and his moral aspect of life such that he sinks lower and lower into the dregs until he is eventually in the same boat as the women with whom he cohabited, the prostitute.

Now let us take the case of the young woman who starts on a life of dissipation and debauchery.

Woman's Despair, Error and Debt. Due to lack of proper knowledge of the sex functions, in many instances, or to please their lovers, or for various other reasons, many young women, before they know or think what the results of their error may be, permit undue liberties to be taken with them, occasionally. This is very, very wrong, no matter from what angle you may look at it. The world is teeming today with women who took this false step in their earlier life. The parlor houses and dives of our large cities may be said to be crowded with such women, many of whom looked upon their earlier indiscretion as a lover's mistake or girlish prank. It is the old, old story—true one, but sad. Error and debt. The former was committed, possibly, in a moment of forgetfulness, to be followed, sooner or later, by its companion in misfortune, the latter. Countless numbers of

those young women drifted to our large cities to be swallowed up in a life of dissipation and debauchery, ending, eventually, in premature death, invariably the result of some loathsome disease, "unwept, unhonored and unsung."

The writer's harassing experiences and his helpmate's, as subsidiaries in attempted uplifts, with women of this class, not to mention the confidences which he has been favored with by his contemporaries in the medical profession, have been such that any decent man or woman would shudder or recoil in horror at their narration. Even if space permitted, we would not, if we could, narrate them here. Enough to say that death was a welcome relief from their untold misery in many instances.

The vast number of young women who use their bodies for indiscriminate intercourse with the opposite sex or to lead the life of a strumpet, to die prematurely in utter desolation and despair, would hardly seem credible to the average reader. The greater majority of those young women were, formerly, good-meaning, innocent young girls, who were tempted to lead this life by the committal of some girlish indiscretion, which resulted in their downfall and consequent ignominy.

Due to the conditions which dominate present day society, the young woman, no matter what other excellent qualities she may possess, who makes a fatal mistake of this kind, is looked upon as a social outcast and treated accordingly.

She is made to appear as a harlot, who deserves no sympathy or consideration and is ostracized as such. Is it any wonder, under those existing circumstances, that the unfortunate young woman seeks the bright lights of our large cities, to get away from such surroundings? She leaves for the city, with the best of intentions, to start life over anew. However, she finds city life not as rosy a path as she pictured. She may obtain suitable employment and she may not, more often the latter is the case. The temptations to make one more little mistake are many and varied. She may resist the temptations and she may not. If her will-power is sufficiently strong she may succeed. But how many do succeed in cases of this kind? Few indeed, dear reader. The underworld of our large cities prove this to be so. The few who do succeed in living a good, clean, straight life are worthy of praiseworthy consideration. Circumstances are against their less fortunate sisters. The tempter is always close at hand. He knows where wine and music are to be had. Her whole soul craves for company. She is lonely and sick at heart. Her idle hours are probably spent in some garret room. Her prospects of enjoying any of the luxuries she sees lavished on other women, are very, very remote. She is, in all probability, without the full necessities of life, and the world—her world—looks very dark and dreary. The monotony of her existence is killing. She is eating her young heart out with loneliness. The soli-

tude of her surroundings becomes unbearable. The tempter comes along and whispers words of encouragement; attempts to demonstrate to the poor, misguided soul, as he prefers to call her, the folly of her strenuous efforts to live a good, clean life; flatters and cajoles her; appeals to her woman's love of finery and the good things of life; fondles and caresses her. "Those who live in glass houses should never throw stones." This poor young woman was more sinned against than she herself had sinned. She was more to be pitied than censured. Her downfall may be, justifiably, laid at the portals of society. The writer believes, when the day of judgment comes, that the sins of this poor misguided soul will be forgiven far more readily than those of a great many of our seemingly respectable members of society, whose cloak of respectability is as hypocritical as their lives.

It is to be admitted, and every experienced medical practitioner is aware of the fact, that all young women who take the first misstep are not included among the aforementioned. NO. We wish to lay emphasis on this statement. The mills of God grind slowly, but surely. Those women who lost their virginity and, for some reason or other, were not attracted to the cities, to lead an immoral life in the dives, or parlor houses, or as streetwalkers, were, if their sentence was not so severe, made to pay the penalty in various other ways, for their indiscretion, depending on the inherent characteristics of the

individual and their physical, mental and moral strength.

How many women are there today, who, due to aforementioned reasons, are denied the pleasures and happiness of childbirth? How many women of today live a life of untold hardship as the results of their early impiety? The world at large will never know. It is left to the few to acquire this knowledge. The conscience stricken, heartsick women in this world, who despair of ever reaching healthy womanhood, comprise a goodly number of those who have sinned and are repenting. Many of the aforementioned are married and, to all outward appearances, living happy, contented lives, but lift the veil and you will find a skeleton in the closet, which accompanies them to their graves. "The wages of sin are death." Young woman beware. Meditate deeply before you commit yourself to the slightest form of immorality, even, if at the time, it is pictured to you as a girlish prank. Profligacy is closely allied to such so-called girlish pranks. A good, clean mind and healthy body are two of the greatest assets any young woman can possess and the richest gifts she can bestow upon mankind. The attainment of those invaluable possessions should therefore be the height of every woman's ambition and to this end she should strive under all circumstances.

LESSON VII

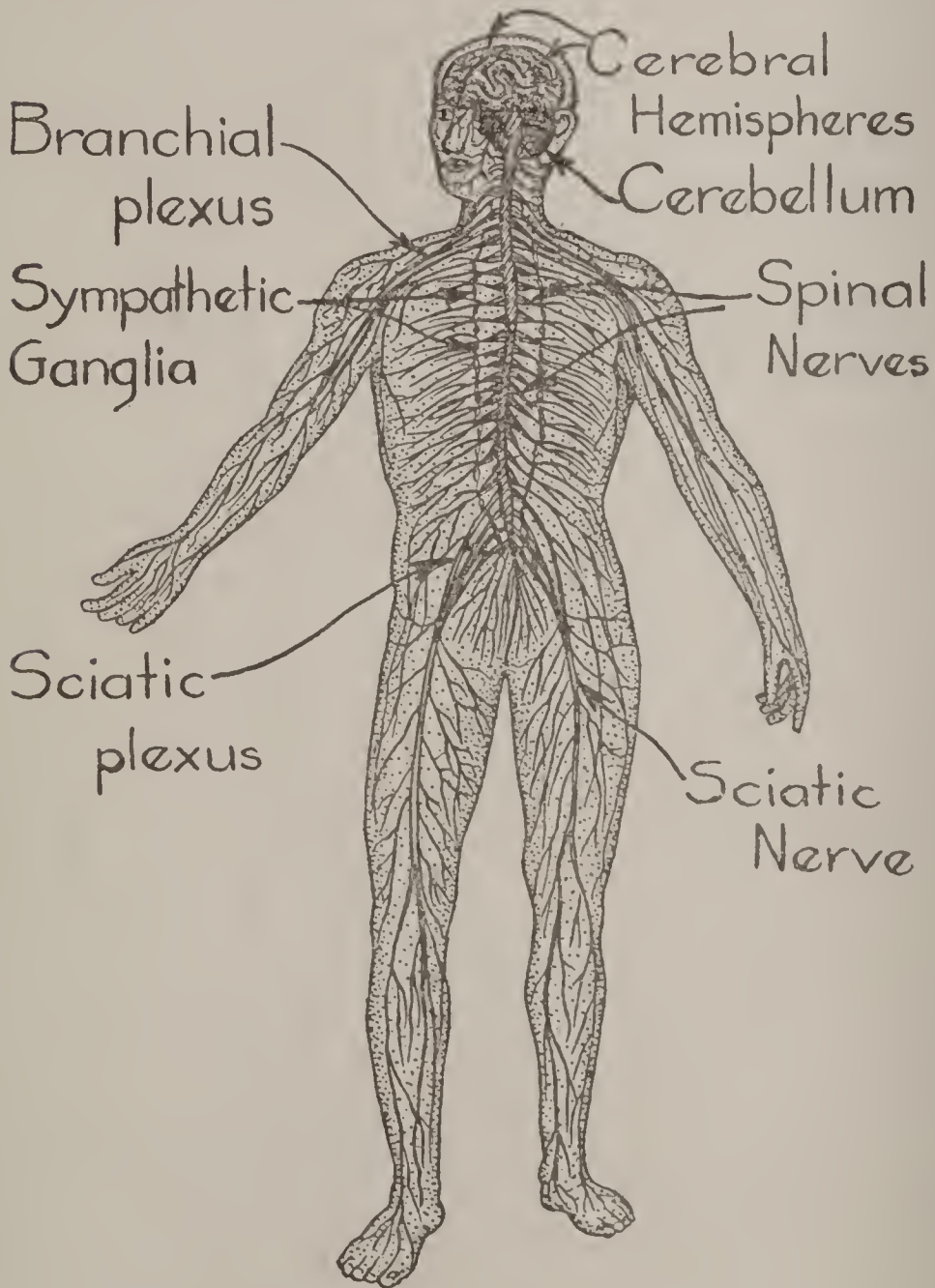
IMMORALITY IN MARRIAGE

Sensuality or lustfulness, in any form, is a disease which should be guarded against at all hazards. Sensualism is not confined to men alone. Although the deadly sin of lust is committed far less frequently by women than men, it is, nevertheless, an authenticated fact that there are many women who possess such a passionate, lustful nature, due, admittedly, in a good many instances to disease, inherited or otherwise, that it is a practical impossibility for the average man to fully appease their sensual appetite, without becoming either physically or mentally incapacitated, or both. The continual craving for sexual excitement and sexual intercourse, with this class of woman, is such as to completely warp the mind and dull the senses of herself and mate, particularly the husband of such a woman, if not held in check. Luckily however women on the whole are not characterized or stigmatized, if one may be permitted to use the word, with abnormal passions to such an extent as man.

The male sex of all species is possessed of more physical strength than the female, whether it be that strength which comes from muscular development or that which is the essence of vitality, or a combination of both. It has been

Plate V

Showing Central Peripheral and
Sympathetic Nervous Systems



proven conclusively that man's brain power is stronger than woman's. Such being the case, that where physical and mental strength is more pronounced in the male than the female, is it not only natural to expect that the average man will be possessed of greater vital sex force than the woman? This is obvious. Therefore where a woman with a normal healthy structure or organization is mated to a man possessed of excessive vital force, something is eventually bound to happen, whereby the marriage relation, instead of being one of bliss and happiness, invariably ends in disaster, due principally to the fact that the woman is incapable of properly exercising what her mate is pleased to term or consider his marital rights. Notwithstanding that the wife of such a man would be well within her rights to resent such undue and unwelcome sexual relations, she, probably due to ignorance of the laws of nature, permits, if passively, never affectionately, such promiscuous sexual intercourse to continue indefinitely, until she either becomes a nervous wreck or constitutionally broken in health. It were far better that such a man or woman, as the case warranted, had chosen a more equitable partner, thereby alleviating the possibilities of an abnormal desire on either side.

The contrast between prostitution, in one sense, in and out of wedlock, is conspicuous by its absence, where untoward, or what might be

called unlawful sexual liberties are taken by either one or other of the wedded pair.

The erroneous idea formed by a good many married men and acquiesced in by the wife, due to ignorance, that they can throw all scruples to the wind in the marriage relation and that the marriage tie grants them full permission, or, in other words, legalizes unbridled sexual intercourse, is altogether wrong. Natures' laws have got to be obeyed or there will be a day of reckoning. Overindulgence or promiscuous amatory relation is a sin against nature, causing physical, mental and moral disaster and will, sooner, or later, reap its just retribution, in disease, sickness or death. As already mentioned, it is in very rare cases where the woman has been the contributing cause of abnormal sexual desires and in the greater majority of instances, if left to the woman's choice, too frequent sexual intercourse would be an unknown quantity.

Frequency of the Sex Relation. Notwithstanding the fact that a great deal of rot and nonsense has been written from time to time on the frequency which sexual relation must and must not be indulged in, it is a well known fact that moderation cannot be too highly recommended. No rule or law, however, can be laid down as a guidance. As already made mention of in previous pages, we are not all constituted alike and what may be advisable for one, would be inadvisable for another. Age cuts an im-

portant figure in the sexual relation. Vital force plays a leading part. Some men have been known to cohabit with their wives from once to twice daily for years without any apparent serious effect. While in the case of others, much less frequency has wrought havoc. Daily sexual intercourse can only be indulged in without injury where the individual is possessed of extraordinary vitality. Even under the most favorable circumstances, physical and otherwise, it were far better for the individual if sexual relation between husband and wife were restricted to three or possibly four times weekly, excluding, of course, the menstrual period. There are undoubtedly many, otherwise robust, healthy men, to whom such frequent relation would be injurious, mentally and physically, depending upon the physical, mental and moral characteristics of the individual.

Occupation has a deal to do with the frequency with which the husband should cohabit with his wife. Let us take, for instance, two normal individuals of the male sex, who are alike in physique and both equally healthy in mind and body. One of these men earns his livelihood by hard, muscular labor, where the maximum amount of energy is expended daily. The other may follow, not necessarily a sedentary occupation, but one where the expenditure of energy is at a minimum, with just sufficient exercise of mind and body to keep him in good health. The latter could indulge in the sexual

relation with far more frequency than his contemporary. What might be said to be highly injurious to the former, might be said to have no material effect whatsoever in the case of the latter. For verification of this fact, the reader has only to refer to nature. The average man in normal health, who believes in moderation and is willing to forego sexual pleasures for permanent physical betterment, would be well advised to indulge in sexual intercourse not oftener than twice or, at the utmost, thrice weekly, or better still, we will say, six to eight times during the calendar month, excluding the "Monthly Period."

During a rather lengthened conversation the writer had with one of the most learned members of the medical profession of his time, some few years ago, the questions of sex relations was brought up. This man, who was possessed of exceptional intellectuality, made a special study of this subject in his younger years, which he improved upon during his years of a very extended practice. He was one of the few exceptions who practised what they preached. His personal experience along this line, given to the writer not many years previous to his death, which occurred at a very ripe old age, was to the effect that, notwithstanding his very successful practice, he would have been far more successful from a financial viewpoint, did he permit sentiment to play a part in his calling. In other words, if, in his dealings with many of

his patients, had he refrained from giving advice tending to eliminate the evil of too frequent sexual intercourse, or overindulgence in the sex relation, thereby starting at the root of the evil by treating the cause as was his wont and not, in order to gratify the whims of his patients, the complaint, he would have been far more popular in his professional capacity.

This, in itself, goes to show the difficulties to be met with in treating on this subject at length and, at the same time, prove the efficacy of moderation, due to the vast amount of prejudice to be met with in all walks of life. Some consider that nature asserts itself at all such times and the individual should be guided accordingly. This is not a truthful statement; neither is it a falsehood. It is what we might term, half the truth and therefore difficult to disprove. The writer however wishes to take issue with this statement and could cite innumerable instances to prove the fallacy of this assertion in the real, true sense. Incorrect impressions formed by the mind have a great deal to do with promiscuous sexual indulgence. Adapting oneself to unnatural conditions breeds a morbid sensuality, thus what is considered a call of nature, is nothing more or less than a diseased state of mind.

In summing up the contents of the few preceding pages, it may be noted that nothing definite has been said relative to the beneficial effects, both physical and mental, which invariably result from normal, healthy, sexual inter-

course, which effects, in themselves alone, should be sufficient guidance to those who are desirous of attaining the fullest measure of bliss in wedlock and further enhancing the pleasures of the marriage relation. It should likewise be taken as a warning, where these physical and mental benefits are conspicuous by their absence, that the laws of nature have been abused to a more or less extent, depending on the frequency with which sexual connection has been carried to excess. As already stated, the capacity for sexual intercourse varies according to the sexual appetite of the individual, just as the pleasure derived from any other appetite depends on the capability or capacity to appease that appetite. No rule or law can be laid down which may be observed by one and all. The happy, joyous feeling which should follow as a result of normal, healthy sexual congress is very noticeable and leaves an invigorating effect on the whole system. This is only as it should be and is easily explainable when one takes into consideration the fact that every organ in the body has a special task assigned to it, the proper fulfilment of which is indispensable to development and consequent health and happiness. Elasticity of body and clearness of intellect are very perceptible. The exhilarating effects on the spirits and the general tonic effect on the whole system are such as to be easily discernible, enabling the individual to more fully perform the duties of the

day. The pleasurable effect brought to bear upon all of the organs of the body resembles that which results from the fulfilment of every duty necessary to the success or welfare of the individual. On the other hand, where a tremulous feeling asserts itself, accompanied by debility, dejection, lack of buoyancy, lessened power of concentration, with a tendency to suffer from mental worry, or distress, with little or no provocation, then sexual intercourse has been indulged in to excess. These warnings should be sufficient to deter the individual from further excesses. If not heeded in time, they may result in more serious consequences. Over-indulgence of the sexual relation and masturbation, in their effects, are practically alike in this respect. When co-habitation becomes sufficiently frequent as to cause these conditions, it is imperative that the intervals between each act of congress be lengthened.

Adaptation to Nature's Laws. The adaptability of ourselves to natural conditions means ease and grace of movement, along the lines of progress, health, happiness and prosperity, with the least amount of friction. Nature can only be conquered by obeying her. The inner sensations must correspond with outer impressions, in every particular, before there can be a correct judgment formed by the mind. The knack, or habit, of seeing things in their true relative proportions is the first necessary requisite for

right relationship. Such relationship is not dependent upon the sense of vision alone, but every sense and faculty of the human understanding must be brought into active use. The welfare, health and even the life of the physical body rely upon the skill of the intellect to give instantaneous interpretation to the sensations. The sensation, if one of fear, as if suddenly confronted by a very poisonous reptile, will be interpreted from past experience or acquired knowledge, as a warning, and immediately preparation is made for defense or flight, depending upon the occupation or character of the individual. The smooth, noiseless, easygoing, frictionless movements depend upon the ability of the individual, either through cultivation of the instinct, by a long continued process of refusing the harmful and accepting the beneficial or through the tact, skill, art or shrewdness gained through knowledge or experience.

In conclusion it might again be said that knowledge of the fundamental elements of sex physiology and a thorough appreciation of such, is of paramount importance, and would help considerably to alleviate the conditions which exist in a good many unhappy unions and prevent immorality in marriage, in the greater number of instances. If the information which this book contains leads the reader towards this goal or helps in alleviating the conditions which obtain in a good many unhappy homes, the writer will consider he has been amply repaid.

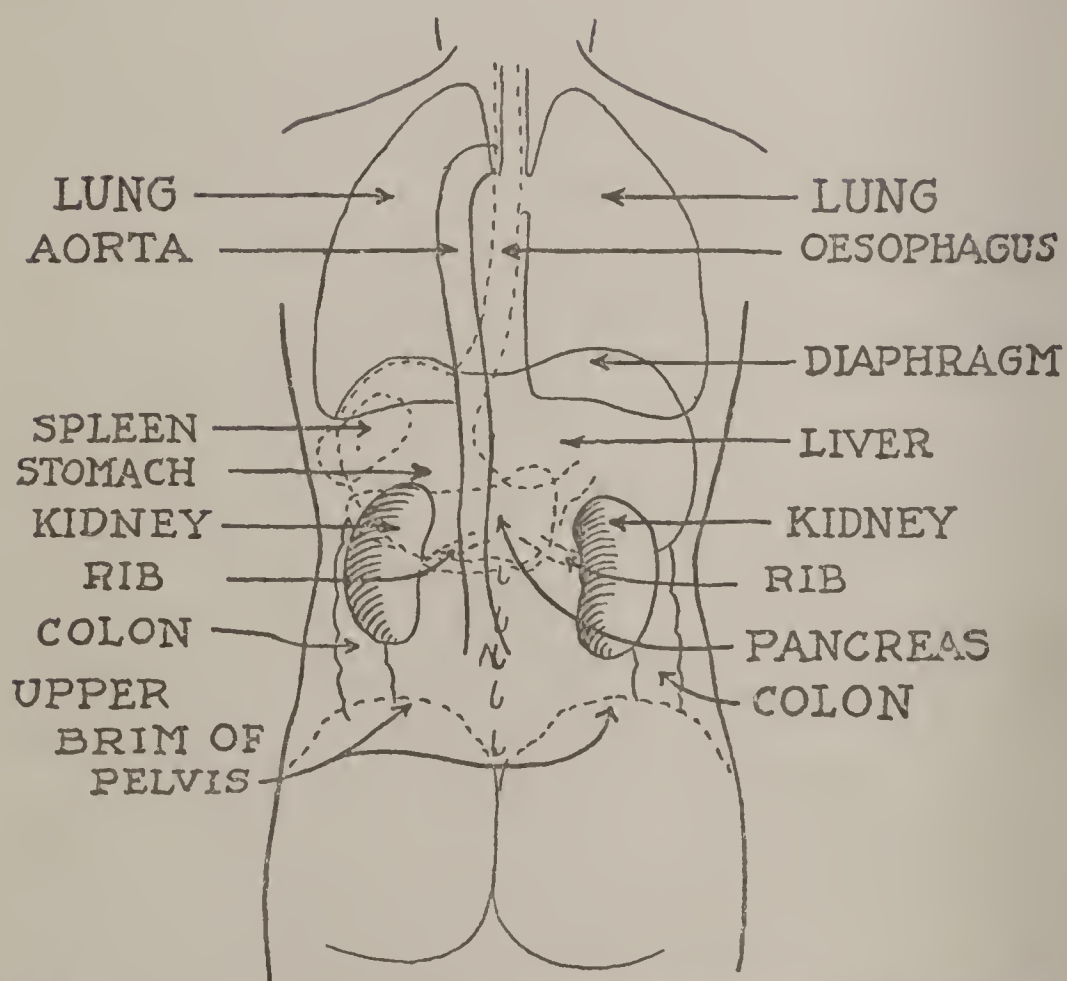
LESSON VIII

MISTAKES OF THE BRIDEGROOM

The newly wedded bride and bridegroom cannot be too careful in their sexual relation and should look upon this phase of their existence as nature's means to a beautiful end. Nature can only be conquered by obeying her. This should be borne well in mind by the newly married lovers. Too frequent sexual intercourse may be indulged in to the detriment of both parties. Temptation should, therefore be avoided in the marriage relation, as when sweethearts. Satiety is to be condemned, as it impairs passion and is detrimental to health, and if continued, will undoubtedly kill the love which made the marriage union sacred.

The depravity of gratifying your passion excessively, should in itself, be sufficient excuse for preventing overindulgence in sexual intercourse. Overindulgence in anything is a sin against nature and brings in its path, disaster and ruin, and is especially applicable to excessive gratification of your sexual desires. Exercise of your will-power is therefore to be highly commended in the sex relation. Anything which tends to weaken your will-power should be scrupulously avoided, as it is the supreme power bestowed upon mankind. Some of the male sex have, what might be termed, an uncontrollable

Plate VI



Posterior View of Trunk Showing Lungs, Kidneys and Other Important Structures

sex nature, due, primarily, to weakness of the generative organs, brought on by want of cleanliness, perverted ideas and wrong habits of living, or in very rare cases, from some inherited trait. Sitz baths, taken regularly, and other forms of cold water bathing, strengthen the organs of generation, clean and prevent any superfluities which may collect on and around the glans, and accompanied by good wholesome literature and clean thoughts, will eliminate this abnormal condition.

Happiness in Marriage. Happiness in marriage is one of God's greatest gifts to mankind. It has been well said that "Happy marriages are made in heaven." No man or woman can expect complete happiness in wedlock, who do not look upon their marriage tie as sacred. Cleanliness, therefore, in all things, body, soul and mind, is a prerequisite to the ultimate, everlasting success of either sex. Cleanliness in everything pertaining to the sexual organs is of the utmost importance, especially so in the case of the young woman. Everyone must admit that the same law should govern the actions of both sexes. In spite of this fact it must be admitted that society forgives the man for many indiscretions, which, if committed by the woman would be looked upon with askance and, in very, very many instances, would cause her ostracism and consequent social degradation.

There are many married couples, in all walks

of life, who, if told they were living a life of immorality, would be greatly chagrined, to say the least. Nevertheless such has been proven to be the case, unknowingly, without doubt, in the greater number of instances. Sensuality of either sex is primarily, if not wholly, responsible for immorality in marriage. A sensual nature will sacrifice the happiness and comfort of self and mate to appease his or her abnormal passion. Carnal gratifications are debasing and will, most assuredly, wreck the hearth and home, if not held in check.

Love, the essence of married happiness, cannot possibly survive, where sensualism is the predominating feature of the married relation. The bridegroom should bear well in mind, if he desires to hold the love of his spouse, that he should be ever and always on his guard against carnality in any form and act accordingly. There is, admittedly, great temptation, on the bridal couch, to overindulgence in sexual intercourse and, ere well the bridegroom knows the fatal result of his concupiscence, he has wrecked, what, in all probability, otherwise would have been a happy married life. The intimacy of the marriage relation should be no excuse for carnal pleasures. There is a happy medium in all things. If there is one place more than another where this rule applies more forcibly, it is in the intimacy of the relation of the newly married couple. The bridegroom should always remember that he was chosen by

his wife, probably, from among many, as her ideal mate and father of her children. She respected and honored him as such. She considered him a man among men, and, in one sense, a leader of his kind. Once this respect and reverence is lost, love soon vanishes, with the result that, what started out, to all appearances as an ideal union, sooner or later ends in utter failure. The divorce court does not tell all. It behooves the bridegroom, therefore, to curb any unnatural passion which may assert itself. Eternal vigilance should be his watchword. To this end he should do everything possible to strengthen his will-power. The wife has it within herself to aid and assist him, and should use every means in her power to do so, and, in time both will, in all probability, discover that the end justified the means used, to bring about the ideal conditions and wedded happiness, which should prevail and which nature intended for those who abide by her laws—a happy married union.

Lustful Embraces Wreck Marriage. It cannot be too strongly impressed upon the mind of the bridegroom that any unnatural or deformed ideals he may have cultivated relative to the bridal couch, during his past life, when he may possibly have indulged not wisely but too well in so-called affairs of the heart, or in his dealings with lewd women or misinformed companions, that he is entering into a new phase of

his existence, which calls for the best that is within him, morally, mentally and physically. He should therefore throw into the discard any distorted ideas, false notions or impressions he may have formed from his past experiences. Many what would otherwise have been happy married unions have been completely wrecked on the rocks of ignorance, due to wrong ideals and impressions obtained in youth and early manhood.

There are many, otherwise perfect specimens of manhood, physically, mentally and morally, who, due to the fact that they have been misinformed and maliciously so in a good many instances, in their earlier days, on sex affairs in general and married life in particular, believe it is quite right and proper to indulge in sexual intercourse as freely and promiscuously as they deem fit, immediately they take unto themselves a spouse. They do not seem to think for even one short minute that full and complete acquiescence on their wife's part, not passivity, is of the most vital importance, if the ultimate lasting success of the marriage relation is the end for which he is striving or the goal to be reached. What many a newly made husband considers his just marital rights is nothing more or less than enforced slavery from the viewpoint of the newly made wife, whom he swore to love, honor and esteem. Such actions on the part of the husband lowers him from the start in his wife's estimation, in fact to such an extent during the

first few days of their wedding as to cause her to yield passively and in a goodly number of instances, with repugnance to his advances and loving embraces, to which she considers herself, and rightly so, a slave.

The question may be asked, what is the bridegroom to do in a case of this kind? At this stage of the game the writer fears nothing can very well be done to allay or remedy the evil already wrought, as once the love and respect of a good, pure, chaste woman is lost it rarely can be retrieved. The wife may continue to rear your children and prove a boon companion to you in need, but never, never, will she look upon you as she did previous to your display of lust during the earlier part of your honeymoon.

Consummation of the Sexual Relation. The writer, during his travels on the South African continent, received an invitation to a wedding festival in Cape Colony, where a prosperous Malay merchant's daughter became the bride of a member of her own race. Immediately following the marriage ceremony, the bride was led from the altar and escorted to her father's house, where she was to remain in seclusion, within the precincts of the paternal home, for several days and sleep under her father's roof each night during that period, previous to again meeting her husband, who then took her to her new home. Being a particular friend of the family I was informed, in answer to my query

for an explanation, that they were following an ancient custom, which was adhered to rigidly by some of the better class, well-to-do families.

Were such a custom in vogue today we firmly believe it would be for the immense betterment of mankind. Notwithstanding the fact that this custom is practically obsolete today and would be looked upon in our country as antiquated and out-of-date, it undoubtedly had many redeeming features, chief of which might be considered the benefits which the newly made wife derived therefrom, in giving her a chance to recuperate from the stress and worry of the marriage ceremony and wedding festival, and its accompanying excitement, not to mention the fatigue incident to preparing for such an event. The nervous strain, brought on by the many little annoyances and worries which the average young woman has to undergo in preparation for what might be termed the crowning event of her life, and the excitement incident thereto, has an exhausting, nerve wrecking effect on the newly made bride. She has been working under high pressure for days and weeks before the wedding ceremony takes place, probably, with the result that when the reaction of the high tension, under which she has been living, sets in and the strenuous efforts she has undergone, have ceased, she is much more in need of both physical and mental rest than she is of undergoing the excitement at-

tendant on the consummation of the sexual relation.

If the newly married husband or bridegroom would only take this phase of the subject into consideration and act accordingly, he would be far better advised than to force his attentions upon his newly acquired mate at a time when such conditions prevail. At the conclusion of aforementioned rest period, or let us say after the first few days of the honeymoon, it is ample time to think of consummating your sexual desires. Even then, great care should be taken by the bridegroom not to abuse the privilege bestowed upon him by coarseness, grossness or lasciviousness in any form whatsoever. The bridegroom should at all times have an intelligent appreciation of the many little courtesies, delicacies and risks involved in the newly married relation and be as considerate, loving and gentle as it is possible to be under such circumstances. The bridegroom should always remember, in fact he should keep it uppermost in his mind, that the future happiness of himself and his newly wedded spouse depends entirely upon his actions at those critical moments. He should also bear well in mind that any untoward act committed, whether indiscreetly or otherwise, will be registered against him in big black letters on the mind of his newly wedded partner.

Happy is the man who, after the honeymoon is a past, pleasant memory, still holds the reverence, respect and love of his wife as he did in

their courtship days. It has been truly said that, "Love of man's life is a thing apart, of woman her whole existence."

Pure, unadulterated love means life itself to woman. Everything else comes a poor second. Even gratification of the sexual instinct is of secondary importance in the life of a woman, arguments and statements to the contrary notwithstanding. It therefore behooves every man, who desires complete bliss in wedlock, to do everything in his power to strengthen that love, for, as already stated, once it is lost it can never be wholly retrieved.

LESSON IX

**ANATOMY AND PHYSIOLOGY OF THE
MALE AND FEMALE REPRODUCTIVE
ORGANS**

It is of vital importance, not only for the individual, but for the betterment of the race in general that every man and every woman should have at least some knowledge of the reproductive organs of the human body. It is rarely this knowledge is imparted in such a way as to be readily understood by the average individual. Scientific knowledge on this very important subject is gotten up in such a manner and elaborated on to such an extent that it, in reality, bewilders rather than helps the average reader. In bringing this subject before our readers we have endeavored, to the full measure of our ability, by the elimination of all irrelevant matter, to reduce it to a concise, condensed, yet sufficiently explanatory composition. In its preparation we have endeavored to present in as perspicuous a form as possible, free from superfluities, information, which, to a certain extent, would otherwise be more or less inaccessible to the average layman.

Prudery, false modesty and antiquated ideas have covered this subject with such a cloud that it is well-nigh impossible for the average in-

dividual desiring such information to obtain it in a plainly understood and intelligent manner.

The parents of the young man and young woman deem it unnecessary and unwise, due, principally to ancient prejudices, to impart any information whatsoever which, in their foolish opinion might be misinterpreted or misconstrued by their children and act accordingly by allowing them to develop into the bloom of full manhood and womanhood in complete ignorance of the laws and functions which govern their sex organism. Is it any wonder, where such conditions obtain that so many young men and young women go astray from the paths of virtue, in the greater number of instances, unintentionally, for want of advice and education on the most important functions which govern their existence?

As already stated, false prejudice and custom have hidden this subject behind such a cloud of mystery that the young man or young woman who desires information along this line is considered, to say the least, premature and over-inquisitive, if not impure in soul and unclean in mind. Their moral character is under suspicion, as is their modesty, for even attempting to seek information on this very important phase of their young lives. These conditions are especially applicable to the young woman, who is looked upon with suspicion at every turn and treated with a certain form of contempt for simply endeavoring to obtain some knowledge

of her sex-nature, its use and its abuse, etc. Happily such conditions are being slowly, but nevertheless surely, relegated to the long-forgotten past and a brighter future is in store for those who would understand the real conditions underlying the reproduction and perpetuation of the species.

In describing the reproductive organs of man, it might be interesting as well as instructive to note that, if the male were followed from the time of birth on up to maturity, several important phases would be noticeable. At birth, the testes (testicles), will have descended into the scrotum and there be normally lodged. Under some abnormalities, however, the testes or testicles do not descend but remain within the abdominal cavity, or they may descend or ascend at intervals. In cases where the testes or testicles do not descend into the scrotum, there are possibilities of sterility in the individual. Much variation, however, occurs along these lines. If it is possible for the testes or testicles to pass into the abdominal cavity, the intestine may pass down through this cavity and cause a ruptured condition or inguinal hernia.

REPRODUCTIVE ORGANS OF THE MALE

In normal male individuals, the reproductive organs, or the external and internal genitalia are as follows: The Penis and Scrotum on the

external side, with the Testes or Testicles; Vas Deferens, or tube leading from the penis; Seminal Vesicle; Prostate Gland and Epididymis on the internal side.

The Penis, located at the pelvic region of the human trunk, is the most pronounced organ of the male genitalia and is composed of a spongy, erectile tissue and urethra, or tube, which leads from the bladder to the penis, for the carriage of the urine and seminal fluid. It completes, in conjunction with the vagina in the female, the function of coition. The prepuce, or foreskin, as it is more commonly called, acts as a covering for the end of the penis.

The Scrotum, situated immediately behind and below the penis, is a covering for the testes or testicles, which is divided into right and left halves, on the inner side and contains a testicle on either side.

The Testes or Testicles are two in number, located in the scrotum and composed of a large number of tubes from which the Spermatozoa or generative seed of the male develop. These coiled tubes unite together into a conical mass, which unite with the vasa efferentia, eventually connecting with the epididymis and finally connecting with the vasa deferentia.

The Vas Deferens connects with the lower part of the epididymis, passing through the pel-

vis and abdominal wall to connect with the seminal vesicle.

The Seminal Vesicle or reservoir for the spermatazoa are two in number, situated on either side and below the bladder and connect with the urethra.

The Prostate Gland is situated at the beginning of the urethra and is composed of muscular and fibrous tissue, also glandular cells, which produce a liquid secretion of unknown function. It compares in size with an ordinary full-sized chestnut.

The Epididymis is a long coiled tubular portion of the internal genitalia or inner reproductive organs, connecting the vasa efferentia with the vas deferens.

REPRODUCTIVE ORGANS OF THE FEMALE

The external and internal reproductive organs, or the external and internal genitalia of the female comprise the following:

The Labia Major, located on the outer edge of the external genitalia and, unless when contracted, covering the clitoris and labia minor, corresponds with the scrotum in the male and extends backwards from the mons pubis or pubic mountain. They are composed of folds of skin tissue in the form of lips.

The Labia Minor, located immediately inside and, unless separated, covered by the labia major, is composed of thin folds of skin, forming what is commonly known as the inner lips. They unite both above and below the vagina and urethra.

The Glans Clitoris, located just above the union of the labia major and labia minor, surrounded by a small sheath or hood, which, at its extremity, resembles a very tiny bulb, corresponds with the glans of the penis in the male and like the latter, being very sensitive and susceptible to excitement, is the leading cause of the sensation derived by the female during sexual intercourse.

The Hymen, located just below the urethra opening and between the lips of the labia minor, forms a complete covering for the vagina in certain forms of virginity. This does not necessarily prove that, where the vagina is not completely covered by the hymen or in cases where this membrane is broken or punctured, that virginity does not exist. Where this fallacy originated we cannot say, but it has been proven conclusively that absence of the hymen is no criterion that a young woman has lost her virgin purity or maidenhood. This is another antiquated idea which it would be well for every young man and young woman to dispel from their minds, as it is nothing, more or less, than a ridiculous fallacy. The hymen is composed

of a skin like tissue or mucous membrane, having the shape of a crescent.

The Oviduct or Fallopian Tubes are attached to the uterus on either side. The oviduct or fallopian tubes, which are convoluted, carry the ovum or egg from the ovary or abdominal cavity down into the uterus to either be passed to the exterior at menstruation or be fertilized at pregnancy. The fallopian tubes are connected with the uterus in the middle line of the body. At the opposite end they are free and greatly enlarged. This free end, which is fimbriated or fringed, comes in contact with the ovary, ordinarily at the time of ovulation.

The Vagina is composed of muscular and erectile tissues. It extends from the uterus to the outer part of the genitalia, or generative organs, in the form of a channel through which the menstrual fluid passes. Childbirth also takes place through this passage or channel. It is located between the bladder and rectum. It connects with the urethra and bladder abdominally. Its lining is composed of a mucous membranous substance.

The Uterus, which, in the fully matured woman, is somewhat in the shape of a pear, is located in the pelvis, between the rectum and the urinary bladder. The muscular fibre which composes the walls of the uterus is very strong and pliable. The uterus, being called upon at

childbirth, to expel the fetus, has sufficient power, in a normal healthy woman, to expand to an extraordinary degree, thereby, due to its capability of expansion, making childbirth comparatively easy. It is hardly necessary to mention here that, during pregnancy, the uterus contains the fetus, expelling it at birth.

The Ovaries are the organs wherein the ova, or eggs, develop in the female. They are of an elliptical shape, two in number, located, one at either side of the uterus.

As already stated in our introductory to this subject, we have attempted to explain as clearly and concisely as possible, without any superfluities, what we deem sufficient knowledge concerning the reproductive organs in both the male and the female, or, in other words, the process of regeneration and we earnestly trust aforementioned description is sufficiently explanatory to benefit those men and women, whom prejudice and custom have prevented from otherwise obtaining information on even the most elementary principles which govern their existence.

LESSON X

THE PHYSIOLOGY OF REPRODUCTION

The entire human organism is dependent on the germ cells, the egg and the spermatozoa for its development, the ovum, or egg, formed in the adult from a great number of potential eggs, which have developed from the early embryonal life. In the newly born female there might be found, in round numbers, approximately five hundred thousand of these potential eggs, but upon examining the ovum at the age of maturity only approximately one-tenth of this amount, or about fifty thousand, could be found. The explanation for this, lies in the fact that the remaining cells have disintegrated. Of this number only a comparatively few could be completely developed and extruded, if only one were liberated at a time, as it is generally believed, over a period of thirty odd years, or, in other words, from puberty to menopause, which latter occurs about the age of 45.

Menstruation. The period of puberty, as already made mention of in another part of this book, depends greatly upon climatic conditions and may occur at any age from eleven or twelve to seventeen and eighteen. The age at which puberty arrives depends also upon health conditions and racial characteristics. The age of

fifteen, under ordinary conditions, is generally conceded to be around the period of puberty. It is at this time of their lives that the child-bearing potentialities have been gained by youth. At this period of their existence, menstrual flows have started, either regularly or irregularly.

The adolescent period covers close to three years, from the age of puberty as stated above, at fifteen years, to approximately eighteen years old, when the young woman becomes mature in every sense of the word, with the development of rounded figure, including the enlargement of the breasts and hips.

Menstruation, if regular, will occur about every twenty-eight days, varying in some cases, according to the physical characteristics and general health of the individual, from about twenty to forty-two days. Menstruation is called the "Period" and consists of many accompanying phenomena, the first of which is accompanied by a peculiar warning sensation and even pain in some instances. This period is marked by increase of vascular content and glandular secretion of the uterus, with accompanying increase of the connective tissue of the cells of the uterus. At the end of this preliminary period there follows the true period of menstruation, which may last from three to five days. This period is marked by sloughing off of this thickened inner coat and some of the underlying layer, probably causing the discharge of some

blood of this coat, which had collected during the period of congestion. Contraction of the uterus occurs at intervals which are painful and weakening. Following this period there is a regeneration of the lining cells of the uterus, which have been sloughed off during the menstruation proper, the uterine glands having now become normal in their secretion.

Menopause. Menopause, or what is commonly called "change of life" in the female, is the change which comes to all women after their period of sexual activity, when their regular menstrual flows and ovulation cease. Generally, many other changes may be co-incident with this critical period in a woman's life. The general health may show a decided improvement or be impaired to a more or less extent. Even change of eyesight has been known to occur at this period. Some of the accompaniments of menopause are described as feelings of hot flashes, rush of blood to the head or face, some slight digestive disturbances, etc.

The woman now begins to realize that her sexual life is becoming less active and she cannot give birth to children. The latter gives rise frequently to a feeling of despondency and emotional unstableness, exhibited by fits of crying, irritability, peevishness, etc. The menstruation is irregular. The latter may skip two or three months and the woman may become unwell periodically for several months. This irregularity

of menstruation may persist over a period of two or three years, before menstruation entirely ceases. The aforementioned symptoms of menopause may be fleeting and of no consequence. They may, however, become so severe that medical attention should be sought for their relief. At this period of life, cancer of the uterus or cervix may develop.

Pain, as a symptom of cancer, is too often a late symptom. However, should pain develop at any time during or after menopause it should receive careful investigation. Any blood stains on the linen, which may appear as merely small blood spots or any sudden considerable loss of blood, which cannot be satisfactorily accounted for, is also deserving of the most careful investigation at this time of life, in order to successfully combat the possibilities or probabilities of a cancerous growth in or around the uterus or cervix. It therefore is of the utmost importance that every woman who reaches menopause should watch carefully for any symptom, no matter how slight, which may be the forerunner of cancer and thereby save herself unnecessary suffering and possible death. If she has any doubts whatsoever regarding her condition she should visit her physician without delay, for, as already stated, pain, as a symptom of cancer, comes too late in a great many instances to effect a cure.

OVULATION

Ovulation, or the escape of the ovum, or egg, from the ovary, does not always occur at exactly the same time as menstruation. Ovulation may precede menstruation, or follow it within one or two weeks. Ovulation may even occur without any definite time relation to menstruation. Ovulation has been known to occur even during pregnancy. If the liberated egg becomes fertilized by the spermatozoa, changes, at once, begin to occur, which eventually result in the formation of a new life.

Fertilization may be possible in the fallopian tubes, or oviduct, but it also occurs in the cavity, immediately after its leaving the ovary and after its descent from the fallopian tubes. Spermatozoa, upon entering uterus, must work its way up into the tube against the beating of the hair like projections, which are called cilia and therefore its movements are slow compared to its normal movements, as it is said to take approximately ten hours to reach the ovum, or egg. Only one spermatozoa generally penetrates the ovum, (egg) and causes fertilization, but many may attempt the entrance. When the spermatozoa comes into contact with the ovum, or egg, the head becomes buried, while the tail soon disappears. The head of the spermatozoa develops the nucleus which unites with the female egg nucleus to give rise to the paternal

characteristics of the developing embryo or child.

At ovulation, usually only one egg is liberated at a time. Sometimes, however, two or more ova, or eggs, are ripened and extruded, fertilization and development occurring from each ovum, or egg, making twins or triplets of the ordinary variety, which are not necessarily of the same sex, but may be both.

If one egg, however, becomes ripened and extruded, it may upon fertilization, start in its process of development and after its first division, when the two cells are formed, each of the two cells may separate and from each cell a complete individual may become developed. Both embryos will, however, be different from the normal twins, in that they are developed within the same embryonic membranes and also that they are of the same sex and almost identical in the detail of their features, actions and emotional characteristics. If the two cells do not completely separate, as is described in our explanation of the identical twins, but partial separation takes place, each side developing into an individual with some connecting link between, abnormalities are formed. If the two are separate at the head region, but connected together at the other extremity, double-headed monstrosities may develop. When the graafian follicle or matured egg becomes developed until it is ready for expulsion, it comes to the surface of the ovary, begins to protrude and finally

the follicle wall breaks, leaving the egg to pass out of the wall with the surrounding follicular liquid. This process is accompanied by the movement of the end of the fallopian tube. The fimbriated membrane, or end of the oviduct, comes closely in contact with the region of the ovary from which the ovum (egg) is to be expelled and as a result, the egg passes down into the tube, by a wavelike contraction of the oviduct.

IMPLANTATION

As soon as the ovum, or egg, has become fertilized, it begins its development, but has not as yet started its development at the expense of the maternal tissue surrounding it, being at this stage, free in the tube. Upon the liberation of the ovum, or egg, into the abdominal cavity, there is formed upon the ovary a yellowish spot, which is of great significance, in that this spot assists in the implantation of the egg in the uterus, by a secretion which it liberates. The ovum (egg) then passes down the tube until it comes to the uterus, where it begins to surround itself by the lining tissues of the uterus, gradually absorbing some of this tissue. Gradually it becomes enlarged and its parasitic character begins absorbing more and more of the parental substance.

From this small beginning, there is fully developed, in the course of nine calendar months,

or ten lunar months, the child and, as it is then able to maintain a separate existence, it is extruded from the uterus, or, in plain words, born into the world.

DEVELOPMENT

The single ovum, or egg, with the two nuclei, that of the spermatozoa and the ovum, now undergo changes of a very definite character. The entire cell becomes so arranged that half of the contents becomes formed into one cell on one side and half forming into another cell on the other side. Then follows a second division, dividing the two cells into four cells, then into eight cells by equal division of the previous four and then, by further division, into a mass of cells called the morula or mulberry stage. The cells at this stage, being massed together, have a very close resemblance to a mulberry. Because of this resemblance they are called the morula or mulberry stage. At the mulberry stage they become greatly enlarged.

A cavity now appears on the inside of this mass of cells, which gives rise to two kinds of cells, separated by a liquid, which gradually increases the size of this vesicle. At this stage the ovum, or egg, generally becomes implanted in the uterus. From now on, the embryo develops into a more shapely mass than has previously been seen. At one end, nearest its attachment, small irregular projections develop

that make a definite contact with the uterine walls, while, at the opposite end much smaller projections develop, these later becoming insignificant, while the others develop into the placenta, by which the embryo receives its nourishment for its development. The inner cells mass now becomes thickened into about three cell layers and a protecting sheath and cavity begins to form the amnionic cavity and amnion, which plays a very important part in the protection of the embryo, with its amnionic fluid, which also is an added protection. If this is lacking, the amnion presses against the embryo and causes deformities.

At this stage the embryo is very insignificant, appearing as merely two irregularly shaped, what we might term, lobes inside of the uterine wall. Gradually the embryo enlarges until about the end of the first lunar month, when the embryo is about three thirty-seconds of an inch in length. Seven days later it has more than doubled in length, being a little over three-sixteenths of an inch long. During this time it has not only become elongated, but has developed an animal like form, with tail like projection, head well developed, eyes and ears beginning to show and about five lobe like projections on the underside of the head. These latter projections eventually give rise to the facial parts, including the upper and lower jaws, nose, tongue, etc. The limb buds are, at this stage, well developed, as is the heart, liver and developing kidneys.

The embryo has now a definite stalk or attachment, called the umbilical stalk or cord from which the amnion seems to arise and also a sac like projection, the yolk sac, and a very insignificant tubular projection, the allantois. If the back of the embryo were examined at this stage, muscle plates would be discernible, which resemble the back bone, but, in reality, are only the muscles which are the forerunners that help in the formation of the embryo preparatory to the formation of the bones.

Before the end of the second lunar month the embryo develops almost human facial characteristics, the forehead having become enlarged, eyebrows and eyelids beginning their development, the nasal cavity having separated from the mouth cavity and the upper and lower jaws developed so far as to be completely covered by the upper and lower lips. The head has now become more straightened and resembles more the human form. The limb buds are fairly distinct in their development and are plainly visible. The tail, which at the earlier part of the first lunar month was clearly perceptible, is now greatly diminished. The length of the embryo at this period would be about an inch. Due to the rapidity with which the embryo develops hereafter, during the ensuing two months, the prospective mother almost invariably suffers considerably from nausea, lack of appetite and general physical derangement. During this pe-

riod, or at the end of the third month, the embryo develops into the fetus.

At the conclusion of this period, or the fourth lunar month, the weight of the fetus is approximately two to two and one-half ounces and about five and one-half to six inches in length from crown of head to heel. The umbilical attachment, or cord, has become very much elongated and vastly different in general appearance, a twisted shape taking place of the former heavy set attachment. At the end of the fifth lunar month, signs of life in the fetus is very discernible by the mother, which will show itself in many forms, such as a slight knock against the abdominal wall, stretching and twisting of the fetus to a more or less greater extent. At the end of the sixth month, the approximate length and weight of the fetus is respectively twelve to thirteen inches and twenty-two to twenty-four ounces, length measured from crown of head to heel. At this stage the nails and hair have distinctly developed, while in the previous stage, though visible, did not appear to be nails in the adult sense, but as a crescent shaped depression.

At the end of the seventh month, which is the most dangerous month of gestation, the pregnant woman, or expectant mother, should be extremely careful not to over exert herself or become excited in any way, shape or form, as any extra strain, shock or unusual excitement may cause premature birth. It therefore be-

hooves the carrying mother to be exceedingly careful during this critical period. The fetus at the end of the eighth month, is approximately fifty to fifty-five ounces in weight and sixteen to seventeen inches in length. The fetus at this stage, although very much enlarged, does not take up the space one would think it should judging by its length, due to the fact that the fetus is in a state of flexion or what might be called, curled up, thereby making a more compact mass or bulk, so to speak, to prevent overcrowding the viscera or internal organs of the mother. With the exception of size and weight, the fetus is now a completely formed child. At the termination of between two hundred and seventy and two hundred and eighty days, or approximately ten lunar months, birth should take place under normal circumstances.

It might be well, for the reader's guidance, to mention here, that the actual date of birth might be misjudged, owing to the fact that menstruation is possible one lunar month after conception and therefore it would be necessary in such cases to count back to the menstrual period previous to conception. It should therefore be clearly understood that menstruation may occur after conception, the latter not necessarily preventing menstruation at that time.

LESSON XI

**CHILDBIRTH WITH CARE OF THE MOTHER
AND CHILD**

It may sound almost incredible, but it is, nevertheless, a startling fact, that there are a vast number of fully matured women, not to mention the younger generation, who have not even the remotest idea of the full meaning of childbirth. For the guidance of those women, as well as their younger sisters, who have not had an opportunity of receiving instruction on this subject, of such vital importance to their welfare, the following brief description of what childbirth really is may be instructive and helpful:

Childbirth is nothing more or less than a separation of the fetus from the maternal tissues and its removal from the body of the mother, or, in other words, the natural separation of the placenta from the walls of the uterus. At childbirth, the fluid contained in the amnion, or the sheath surrounding the fetus, is liberated and the fetus begins its movement to the outer world.

Childbirth is accompanied by pains of a very striking character, usually beginning in the lumbar region, or back and extending anteriorly to the abdominal region. They are at first fifteen to twenty minutes apart, but gradually this interval is lessened and the pain becomes more

severe. These pains are incident to contraction of the uterus and force the bag of water into the vagina, thus dilating the lower portion of the uterus, known as the cervical portion. The woman, at this stage, will possibly feel like she is not making any progress towards delivery. She should, however, remember that each of these pains help materially in effecting this important dilatation. When the latter is complete, the membrane or bag of waters generally ruptures. At this stage, the uterus can act directly upon the fetus and the woman, as a consequence, recovers her composure and becomes encouraged. The impulse to bear down, during the latter stage, or when the membranes burst, should be resisted, as too rapid descent of the fetus, or baby, does not give sufficient time for the stretching of the perineum, causing the latter, very often, to be thus, severely lacerated. The mother giving birth, should keep the mouth open, breathe fast or even cry out to prevent too rapid expulsion of child, or birth. After rupture of the membranes, normally, expulsion of the child takes place in from one and one-half to three hours.

After the delivery of the child, the labor pains cease for a short time. During this interim, there is a gradual separation of the placenta or afterbirth from the uterus. In from twenty to thirty minutes, the pains recur, the uterus contracts forcibly and the afterbirth is expelled. The uterus, during this stage of labor, should

remain contracted and firm, and any tendency to its becoming flabby or dilated should be counteracted by gently massaging it with the hand. It is of the utmost importance that the placenta and membrane be carefully examined by the physician to see that no part of either has been left in the uterus. With the removal of the placenta and membrane, labor, or childbirth, is completed. After the expulsion of the placenta, it is customary to give one teaspoonful of Fluid Extract of Ergot in order to insure contraction of the uterus.

After the completion of labor, or childbirth, the mother is cleansed and a sterilized pad, made of gauze and absorbent cotton, is placed over vulva and held in position by pinning it to the abdominal binder. The latter acts as a splint to the abdomen and assists materially in supporting the circulation, and in enhancing the comfort of the mother. The latter's movements should be restricted at this time and she should be instructed to keep the lower limbs in contact as much as possible in order to preclude any possibility of development of air embolium, or, in other words, from air being drawn into vagina and from the latter into the large open uterine sinuses, or veins. She should now be given some nourishment and allowed to obtain some much needed rest. The baby, in the meantime, should have had the following care:

Immediately after birth the baby's mouth, nostrils and eyes should be cleansed and mucus

or other secretions removed, and breathing established. The umbilical attachment, or cord, should have been tied at about three quarters of an inch distant from the abdomen and a proper dressing of gauze applied, held in place by abdominal band. The eyes should have been treated by dropping one drop of one per cent solution of silver nitrate in them, or two drops of a twenty-five per cent solution of argyrol. The baby should now be cleaned with a piece of gauze and sterile olive oil, and attired in the customary clothing, which should consist of the napkin, or diaper; the cotton shirt, covering only the chest; the flannel skirt and gown. The mother, now having had some rest, the nipples should be cleansed with a solution of boric acid and the child put to the breast to nurse. After nursing of the nipples, the latter should again be cleansed with the boric acid solution and dried. The baby should be allowed to nurse every four hours for the first three days, then every three hours thereafter during the day and every four hours during the night. The bathing of the baby depends greatly on the circumstances of the parents. The baby of well-to-do parents is very often bathed every morning, due to the fact that the parents have every convenience, with modern equipment, for doing so, but a general bath three times a week, is sufficient. It is all essential that the napkins should be changed immediately they are soiled. The attachment, or cord, usually drops off by the sev-

enth or eighth day after birth and should only be inspected or dressed by the physician or nurse under usual sterile precautions.

The vulva of the mother should be dressed every four hours, also after every bowel movement or urination, the patient should have the soiled pad removed. She is then placed on the bed pan, which should be cleansed with antiseptic solution or frequently boiled after being used. The nurse should now cleanse her hands, then prepare a one per cent solution of lysol and place same, with a sterile pad, conveniently by the bed or nearby table. The above solution is allowed to flow over the vulva, from a pitcher, some of it entering the vagina. The vulva is then dried and the sterile pad pinned in place. During this procedure the nurse should take care that her hands do not become soiled with the discharge, as infection is liable to be conveyed, in this manner, to the nipples of the mother, or the mouth, eyes or navel of the child.

Urine is usually passed within eight hours after delivery. If the mother complains of being unable to void urine, hot drinks may be given in quantities of one or even two quarts, place patient on warm bed pan and pour warm water over the vulva. While the patient is on bed pan, allow the water to run from the tap, or faucet. The hearing of the running water has a tendency to excite contraction of the bladder, the urine being thus expelled. The patient should be left alone when these expedients are being

used. Hot water bottle may be placed over bladder while patient is on bed pan. Some slight pressure may be made over the lower part of abdomen. Should aforementioned methods fail in producing the required result, catheterization must be done under aseptic precautions.

The food for the first twenty-four hours should be in liquid form. During the next two days the diet should be of semi-solid character, such as eggs, toast, tea, baked potato, rice, milk, etc. The bowel should be caused to move by giving S. S. enema every other day. The milk begins to appear in breast by the end of the third day, when some pain and engorgement will be present. The latter occasions some discomfort and is met by application of a breast binder, which lessens the engorgement and supports the enlarged breasts. The patient may be allowed to lie on her side and to turn in bed approximately eighteen hours after delivery of child. The abdominal binder should be tightened night and morning. The patient receives a bed bath each morning and a rub with thirty to fifty per cent alcohol at bed time. The mother is allowed to sit up by the tenth day, if all is going well and should be at her usual household duties by the end of the twenty-first day.

It should be remembered that it requires a period of six weeks for the uterus to undergo involution, or, in plain words, to return to its size and consistency which obtained before impregnation occurred. During this period the

woman should not lift or carry heavy burdens, or unduly strain her physical strength in any way, for fear of retarding aforementioned involutionary process.

It may be well to state here that childbirth is much easier with young women of not over twenty-three to twenty-five years, simply due to the fact that the pelvic girdle is much more plastic, or pliable, than in women of more mature years. It is an erroneous idea for women to think that having once given birth to child, makes consequent childbirth easier. Such is not always the case. Childbirth, after an absence of several years, is just as difficult with women of very mature years, as if they had never previously become pregnant or given birth. The first pains during childbirth are of a mild, slowly recurring type, followed by pains of a very sharp and more rapidly recurring nature. The latter are, what are commonly called, "labor pains." During the rapidly recurring pains, or labor period, the child's head, under normal circumstances, is close to the opening of the vagina and by the contraction of the abdominal wall and the wall of the uterus, it is pushed through the comparatively narrow neck of the pelvic girdle. Due to the flexibility of the head of the child, it can pass the opening of the pelvic girdle of the average woman with comparative ease. Normally, presentation of the child occurs with the head first. Various modifications of presentation, however, occur at childbirth, a

good many of which, to say the least, are extremely dangerous to both mother and child. Where head presentation does not occur, suffocation of the child is possible, due to the fact that the head of the child remains in the abdominal cavity while the other part is coming into the outer world.

Severe complications of labor are infrequent. However, any labor may be accompanied by such complications. The services therefore of a good obstetrician is an absolute prerequisite to successful childbirth and are to be highly commended at all times, even in the most simplified cases of delivery, if only for the fact that aforementioned complications are liable to occur when least expected.

However, should birth occur in the absence of a physician, due to the fact that the arrival of baby upset all calculations, it would be well to remember that everything should be as spick-and-span as possible. Absolute cleanliness should be the watchword of all in attendance. The wearing apparel, bedding, bedroom, etc., should be as clean as it is possible to have it. Every precaution should be taken to have the hands, wearing apparel and everything that is liable to come in contact with the patient thoroughly cleansed. It is important that the patient be allowed to evacuate both bladder and rectum. The latter should however come naturally, without any undue strain or effort by the patient. Childbirth, being the natural

result of the marriage relation, should, under ordinary circumstances, be permitted to take its natural course without interference, as nature will, unless unforeseen circumstances arise, attend to the delivery of the child. All that is really necessary in a case of this kind is to have the patient placed on her back in a lying position with legs drawn up and apart, and nature will do the rest.

It is however of vital importance, should a physician not arrive upon the scene in the meantime, in an emergency where difficulty is experienced in giving birth, owing to the baby's shoulders in a head presentation, that the nurse, midwife, or attendant be acquainted with the nature of the presentation of the baby. In such an emergency it is highly advisable to insert forefinger under child's armpit and thus help birth by very gently drawing towards you. In the majority of cases, this help will aid childbirth considerably, under aforementioned circumstances. Immediately baby is born, the mouth should be cleaned of mucus. When baby cries or otherwise shows signs of life, a strong string should be wound tightly around the navel cord and knotted, two inches or thereabouts and four inches, respectively from stomach. The cord is then cut between the two knots. If the afterbirth is slow in passing, gentle massage or slight pressure by the hand on the abdomen, will have a stimulating effect on the womb and thereby help the latter to expel the placenta.

Before attempting this procedure, time should be given for nature to take its natural course. To prevent possible hemorrhage, it is advisable, in the absence of a physician, to have the abdomen bandaged firmly with a wide, strong bandage.

It is of the utmost importance that the mother be permitted to lay perfectly still after childbirth, in order to prevent accident. The least exertion undergone by the mother the better. After a complete rest and, possibly, some refreshing sleep, it may be advisable to change the bed clothing, linen, etc. This should be done without exerting the mother, who, if possible, should be allowed to lay in the same position. Meanwhile the baby should be gently rubbed with oil and clothed. A bath in warm water should be given baby the following day, then dressed and laid along with mother.

LESSON XII

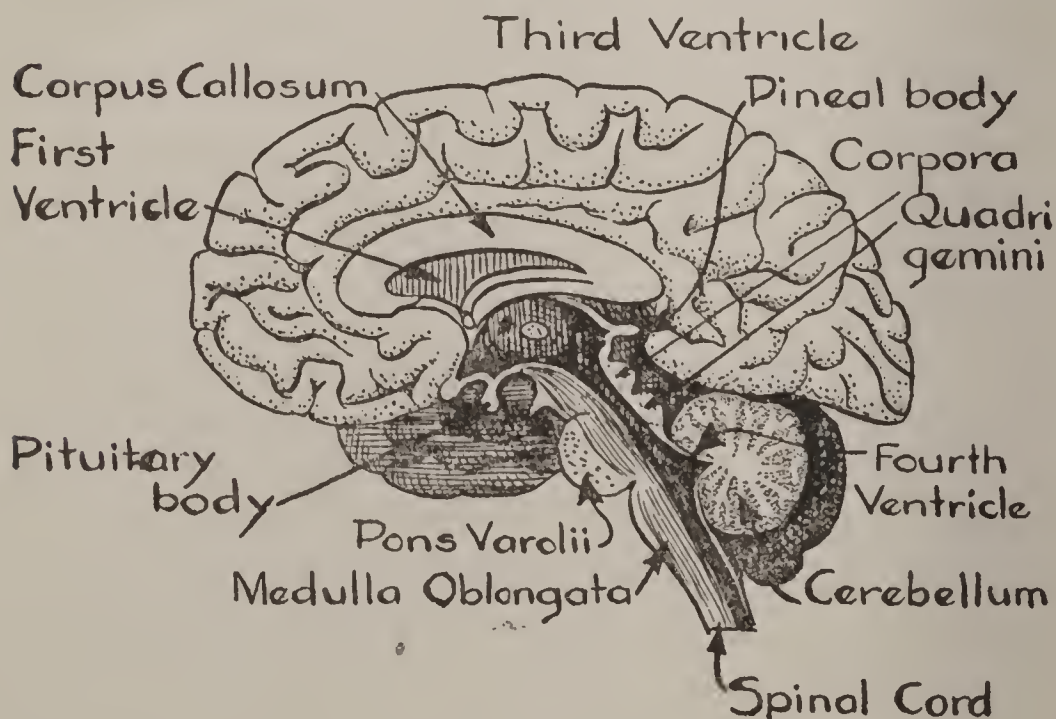
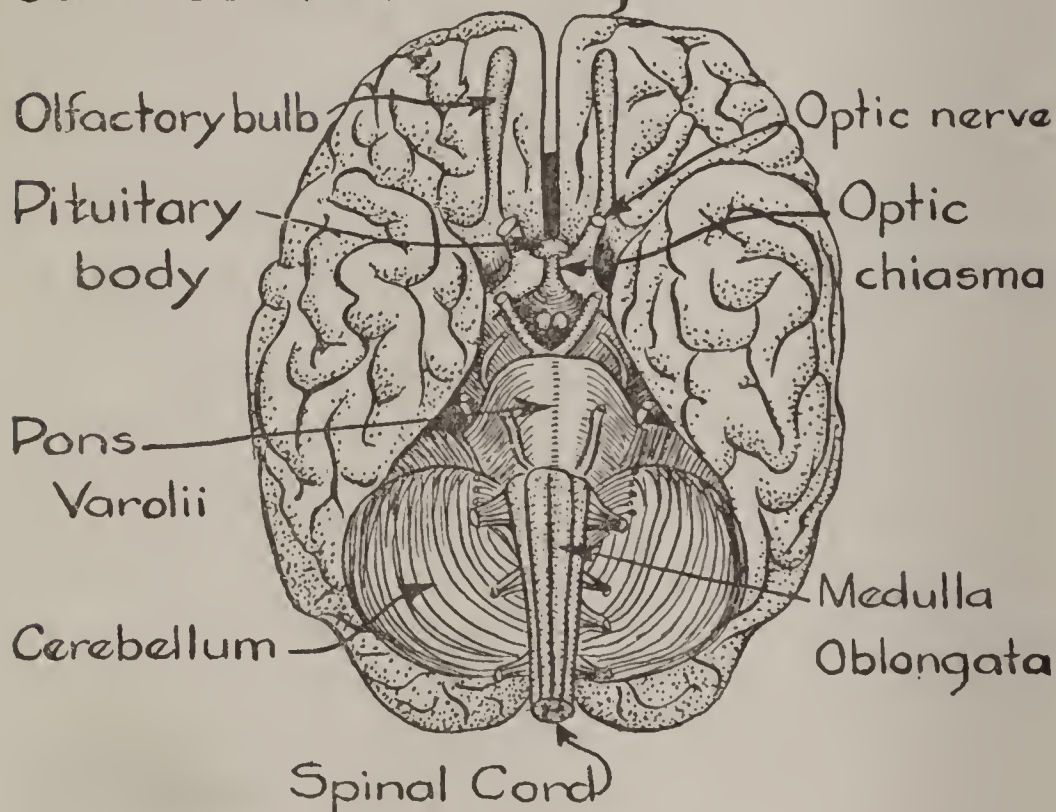
PREGNANCY AND SEX DETERMINATION

The period of growth from conception to birth, or the time from which the ovum becomes impregnated until confinement and ultimate delivery is what is known as pregnancy or gestation. The pregnant period, or the actual time from conception to birth is approximately nine calendar months, or forty weeks, or two hundred and eighty days. There are many physical signs by which the average healthy woman may tell whether or not she has become pregnant. The stoppage of the monthly flow or menstrual period is a very strong indication in the majority of cases that she has conceived. There are admittedly instances where skipping of the menstrual period did not prove that the woman was pregnant. Those instances are liable to occur to any woman, especially where she has shown some weakness or irregularity previously.

Unless in cases where irregularities have occurred heretofore, it may usually be taken for granted that the cessation of the monthly period by the normally constituted woman, is conclusive proof in itself that she has become pregnant. It is doubly certain if she skips a second period. Another very striking sign of pregnancy, which, however, will not be noticed until after the second month, is a slight enlargement

Plate VII

Brain viewed from ventral surface and in sagittal section



of the abdomen, hardly perceptible at first, but sufficiently noticeable to the future mother and will gradually become enlarged and protrude until delivery or childbirth occurs. If, at any time, the pregnant woman has any doubts along this line, she should pay a visit to her doctor and thereby allay any apprehension she may feel concerning her exact condition.

It is in fact highly advisable for the pregnant woman to make periodical calls on her physician during the time she is with child, or at least after the first few months have gone by, if she can possibly afford to do so, thereby alleviating any possibility of accident during this critical period. To those who cannot afford a physician's attention and advice, it might be opportune here to state that the pregnant woman should be moderate in all her undertakings. Moderation in all things is an absolute prerequisite to successful motherhood. Extremes in any direction are very inadvisable and in many instances, hurtful and may even have a disastrous effect upon both the mother and child. Plenty of fresh air and a moderate amount of exercise daily should be indulged in.

Unless the pregnant woman develops a capricious appetite, as occasionally happens with some women at this period of their lives, she may eat whatever her normal appetite craves. Farinaceous foods, with abundance of milk, buttermilk for preference, but all kinds of milk help and, if she does not become constipated,

should constitute part of her daily menu. Plenty of vegetables, green for preference, and fruit of all kinds are to be recommended. She should drink water several times during the day, between meals. Hot or warm water may be taken with immense benefit in the morning on arising and again during the day at certain intervals. Meat should be eaten sparingly, partaken of say once a day, during the mid-day meal for preference. Plenty of sleep is absolutely requisite and rest during the day between exercises is advisable. Regularity in eating, drinking, exercising, sleeping, etc. is of primary importance to the woman anticipating childbirth, especially during the last few months of gestation or pregnancy.

The newly married, or those anticipating wedlock, should dwell long and seriously on the fact that pregnancy is the result of one of the most sacred and important laws of nature and should be treated accordingly by eternal vigilance on the part of both the contracting parties, the prospective father of the coming child, in his actions towards the prospective mother during this critical period, the latter being especially careful, if only for the good and sufficient reason that any untoward act may have an influence on her offspring. The relation between the mother and the unborn babe is of the most intimate nature. Her breathing, eating, drinking, all have an immediate effect on the child, her emotional nature especially so. It behooves,

therefore, the pregnant woman to be at her best at all times, as the influence on her offspring cannot help but be highly gratifying.

Sex Determination. A good many theorists, of the various schools of medicine, believe that within certain limits, the mother has it within herself to bring into the world just such a child as she wishes. This is a rather sweeping statement to make, if only for the sound reason that very, very few women, indeed, have the ideal mental and physical conditions they really wish for during pregnancy.

Dr. Sarah M. Hobson, president of the American Homeopathic Institute fraternity, is authority for the statement, given in a speech in Chicago in June, 1922, that babies of order will be known to future generations of parents. Doctor Hobson expresses the belief that present experiments in the determination of sex will ultimately be developed to a state of practical usefulness and that the sex of a child will be determined by the parents as a matter of course.

This distinguished physician candidly admits, however, that the question of sex determination will not be solved during her time, but firmly believes that it is only a matter of time when the solution of this problem will be satisfactorily arrived at.

In presenting some of the views of this learned authority to our readers it might be well to use her own words, which are as follows: "Coming generations will be able to predeter-

mine sex of children—so that an average may be maintained. It will not be in my time,” this physician says, “but I believe that it is coming and it is a good thing. No family should be composed of all boys or girls. Children of both sexes should make up the normal family.”

Some scientists claim that sex determination is an admitted fact, that it is possible to bring children into the world with given trends of character, thereby making it possible, eventually, for the disappearance of the greater part of our shiftless population. One learned authority writes: “Though the question of Sex Determination has been a subject of discussion and deep thought for many years, and that very little progress has been made along this line it is nevertheless, within the realms of possibility that the discovery of this secret will be unravelled eventually, and, like every other secret of nature, will in all probability, be found to be very simple.”

Another learned writer claims that the production of male children requires greater vital force on the part of the parents than the production of female children and cites as examples to prove his theory the fact that in the case of healthy, full-blooded parents, who possess abundance of energy and vital force, their first offspring is invariably a male child. Many writers on this much debated and interesting subject claim that this is as near as nature will permit us to go in determining the sex of the

embryo, much less successfully using artificial means to influence the determination of its sex. The question has been brought up from time to time: Can outward influence have anything to do with bringing into the world a male or female child as the case may be during the embryonic stage?

Some advanced thinkers, including among the number, many physicians, are of the opinion that, notwithstanding the fact that outward impressions and influences may have a material effect on the mother and her offspring, it can have no effect in the least in determining the sex of that offspring during the embryonic stage. It has been said that where one or other of the parents is possessed of much stronger vital force than his or her mate, it will assert itself in many ways in the child, but not sufficiently so to determine its sex at any time previous to birth. Other writers claim that the healthier, stronger and more vigorous the mother is the more likelihood there is of such a mother giving birth to a child with inherent characteristics, and, on this basis, figure that the solution of sex determination, if such solution ever materializes, will come through the mother of the offspring. Some learned authorities claim that where the mother is well nourished during the pregnant stage, the child of such a mother will be a female. They base their opinions on what they consider proven facts, in that the contented, happy, well nourished

woman, during pregnancy conveys extra nourishment to the unborn infant.

These writers in taking issue with some of their contemporaries along this line, further base their theories on the belief that it takes more vitality in the embryo stage to produce a female than a male child. They cite as examples to prove their theory the fact that in times of peace and plenty, when food may be had in abundance and prosperity is the order of the day, more female children are born than male. While, on the other hand, during the aftermath of some great disaster, epidemic, scourge, or war, etc., when times are pressing hard and the fight for existence is a difficult one, with food and the necessities of life not easy to be had, more male children are invariably brought into the world than female.

Looking at the subject from the point of view of these theorists, it would seem that the healthier, better fed, more prosperous and contented the mother is the more female children will she bear, while on the contrary, the poorer, more discontented, weakly, and under-nourished the woman is, the more likelihood there is of her bearing male children. Many undoubtedly would pooh-pooh these statements and bring forth instances to prove the impracticability and fallacy of such theories. There are exceptions to every rule and that this theory does not necessarily prove its impracticability, for, as already stated in previous pages, there

are very, very few women, who have the ideal mental and physical conditions they wish for during their period of pregnancy, which conditions would be absolutely necessary to fully prove aforementioned theory.

With all the claims which have been made by sex writers and others, relative to sex determination, we have yet, so far as the writer is aware, to learn this secret of nature and must only content ourselves by awaiting further experiments along this line and with the thought that the future may hold the solution of this very interesting and seemingly intricate problem. We are learning more and more of the secrets of nature every day. Man is ever restless in his quest for knowledge and who knows but the day will eventually come when this law of nature will be discovered and like other secrets of nature, may possibly be found to be very simplified indeed. If it is ever discovered, the possibilities are that we will be surprised at its simplicity.

LESSON XIII

BIRTH CONTROL

It is a subject of fervent discussion and deep thought, by some of our most learned writers, as to the advisability of bringing large families into the world, quality not quantity being the goal for which those theorists are striving. Whatever may be said for or against this argument, it is an absolute certainty that there are women, who are not constitutionally fitted by nature to rear large families. There are many women in our midst, who, due, principally, to some constitutional weakness, either inherited, or otherwise, would have been far better advised not to have entered into the bonds of matrimony. These women would, under ordinary circumstances, have lived a much happier life of single blessedness. Abuse of the sexual functions, with the wear and tear of battling for an existence, in this age of keen competition, in many walks of life, may be said to have a deteriorating effect on the minds of many, otherwise fairly healthy women. Others, due to their lack of proper moral training and inherent characteristics, and who follow the line of least resistance, or what, at first is pictured in their mind's eye as the easy life, or primrose path, may be said to swell the number. There are, unfortunately, many other women, in all classes

of society, who have abused nature's laws to such an extent, that it is, practically, an impossibility to expect them to successfully give childbirth.

Nervous Breakdown. A visit to our eleemosynary and other institutions would prove the fact that Nervous Breakdown has increased tremendously in the past quarter of a century. Notwithstanding the fact that everything is done in those institutions for the comfort and welfare of those unfortunately so afflicted, including the judicious use of therapeutic measures and the application of every remedy known to medical science, it goes, beyond saying, that you cannot, permanently and effectively cure any disease until the cause is removed, and as long as society continues to travel at its existing pace, so long will nervous breakdown survive. How often do we read and hear of Mrs. X. suffering from nervous prostration or mental breakdown. Our large cities are full of such cases. Our rural communities are far from being exempt from similar examples. They are of everyday occurrence in all walks of life. No one can be said to be so constitutionally perfect as to be immune from this disease. Our private hospitals, sanitariums and even our insane asylums can tell of innumerable such cases. Many recover, some temporarily, and very, very many, indeed, suffer complete mental collapse. It has to be admitted again, that heredity plays a very important part in nervous disease, but not all.

Many cases of Nervous Breakdown may be directly traced to some inherited trait, but many, many more may be said to be the cause of existing conditions of present day society. If there is one subject, more than any other, which has come up for heated discussion, among some of the leading members of the medical profession, during recent years, it is the subject of Birth Control. No one can get away from the fact that it is of vital importance as concerns the future of the race.

Contraception. Birth Control methods, in brief, are simply the means used, whereby offspring are conceived only in the number and when the parents deem it desirable. Among the methods in use, are Continence (in whole or part); Semi-Continence, which, according to leading scientists, is a union based on affection, whereby the outlet of the purely physical desire is restrained; and Contraception. The latter preventive measure has received more attention, from a scientific viewpoint, than any other form of Birth Control. We will, therefore, begin by demonstrating, as clearly and concisely as possible the method known as contraception. The latter is nothing, more or less, than avoiding the elements of reproduction of the union of both sexes, while, at the same time, having normal sexual intercourse.

The writer wishes at the outset to guard against any possible misconception of the na-

ture and character of the matter contained herein, and wishes to emphasize, with all the strength within him, that the contrast between contraception and abortion is as far apart as the North and South Poles. It cannot be too strongly emphasized that there is no relation between them. The intelligent reader can easily reason this fact out for himself. By contraception, is merely meant, avoidance of the elements of reproduction of the two sexes. Abortion, on the other hand, in plain language, means miscarriage or premature birth. The former is simply a preventive measure, the latter is the destruction of what had already functioned in part, a possible human being. The contrast between contraception, in the writer's opinion, and absolute continence, looking at it from a moral viewpoint, is conspicuous by its absence, arguments and sermons to the contrary notwithstanding. The writer has made an exhaustive study of this subject and is willing to acquiesce, wholeheartedly, in the statements and lectures given by some of our most learned writers and thinkers, insofar as educating the public, through scientific methods, in favor of judicious and legitimate Birth Control.

The stringent laws which obtain in the United States today, make it an absolute impossibility to diffuse, in any manner whatsoever, knowledge, relative to methods of contraception. It is, under existing circumstances, a crime against society and punishable as such. It is the law of

our land and all good citizens should abide thereby. We, however, sincerely believe, beyond the question of a doubt, that the day will eventually come when parents will be permitted to say when and how many children they will have or want, and that preventive measures, judiciously and intelligently used, will be the order of the day, instead of being considered a criminal offense, as it is now, to diffuse any knowledge whatsoever towards that end.

In fact such great pressure has already been brought to bear, in various circles of society throughout the United States, to abrogate, annul or, at least, modify the present laws which obtain, relative to disseminating any knowledge tending to prevent conception, that we firmly believe it will be only a matter of a short time when such laws will be repealed, if sufficient pressure is brought to bear upon Congress, which makes it a crime, punishable by hard labor in our Federal Prisons, to diffuse or disseminate, in any manner whatsoever, information on this very vital subject. When one sits and thinks for even one short moment, it does seem very strange indeed that, in a country like the United States, where, among the more intelligent and enlightened members of society, very large families are the exception and not the rule, and where preventive measures of some kind or other have undoubtedly been applied to cause such a condition, such stringent laws should be laid down, making it a crime,

punishable by imprisonment, to diffuse scientific knowledge along the lines of Birth Control and to intelligently discuss the safest and best means to prevent conception, or by which contraceptive methods may be safely and judiciously applied.

As already stated, blunders and mistakes are and have been made in the use or abuse rather of preventive measures, due primarily if not wholly to ignorance of the proper methods to apply. Would it not have been far better for society in general to educate those people on Birth Control methods and how they may be intelligently and judiciously used, if only to prevent further mishaps in this direction through ignorance of the proper means whereby they may limit the number of their family to one, two or as many children as they believe they have means to support properly. This is, in brief, the belief of some of our deepest thinkers and most learned writers on the subject. It is also the chief motive behind the numerous lectures on Birth Control and other propaganda distributed throughout the country by some of our most advanced thinkers and philanthropists. In other words, Education vs. Ignorance is the watchword of all Birth Control advocates.

Limitation of Offspring. All self-respecting married couples are opposed utterly to charity in any form, either for themselves or their children. Is it not, therefore, only natural to expect

that such parents would much prefer limitation of their offspring according to their means, whereby they would be fully capable of properly caring for, comfortably supporting and educating their children, than to be overburdened with large families, without the necessary means to accomplish their hearts desire. They are compelled to seek charity in some form or other in order to properly rear their families and, in a good many instances, to even supply them with only the bare necessities of life. It is a well-known fact, as any observant person may notice, that, in the majority of instances, it is those who can least afford to do so, who bring large families into the world. On the other hand, the reverse might be said to be the case with the wealthier or well-to-do classes, who, from a financial viewpoint, can more easily bear the burden of large families. We would like, very much indeed, to see those existing conditions reversed. It is to the former or poorer classes of society that, we believe, Birth Control methods, judiciously used, would prove the greatest boon and benefit society in general accordingly. It cannot be gainsaid that the keen competition to be met with in many walks of life and the very limited remuneration received by the average worker for his services, prevent many men and women from entering into the bonds of matrimony. The reasons for this are obvious. Fear of the responsibilities attached to rearing large families and the possibilities of being thrown

out of employment, with a paltry pittance, the limit of their savings, to sustain the lives of themselves and their family, prevent many men and women from joining hands in wedlock. Were Birth Control or contraceptive methods legitimatized, thereby making it possible for these men and women to obtain scientific information on limitation of offspring, we firmly believe that single blessedness, beyond the marriageable age, would become, if not wholly conspicuous by its absence, a rarity.

The married couple who do not desire children are very, very rare indeed, the paternal or maternal instinct being uppermost in all of us. There is, however, a happy medium in all things. This rule applies just as forcibly to the bringing into the world of large families as it does in any other phase of existence. Many men and women, who would much prefer married life or wedded bliss to a life of celibacy, are only prevented from entering into the married state by the belief that large families are the possible ultimate result, or, in other words, the rule, not the exception to such a union. They feel that they can support themselves and bring progeny into the world on a limited scale, say two, three, or possibly four children, but are deterred from the marriage union by the fear of a larger family, with insufficient means to comfortably support them. Should not the marriage of these men and women be encouraged in every possible way by enlightenment on how they may attain their

highest ambition and not discouraged by the existing conditions which obtain in society and the stringent laws which make it an absolute impossibility to diffuse any information on this vital subject, whereby limitation of offspring may be made possible? We will leave this question also to be answered by our readers and feel safe in depending on their judgment to arrive at a just and equitable decision.

Contraception—Use and Abuse. Some may think, including moralists, social reformers, etc. that if Birth Control or contraceptive methods were permitted openly, that the privilege would be greatly abused and are only prevented for these reasons alone from encouraging their use. History does not prove this to be so. In order to prove the fallacy of this belief we have only to take, for example, those countries where Birth Control methods are practised openly and, in some instances, legitimized by the government. Parts of the Australasian continent might be said to come under the former heading, including the country of New Zealand, where the application of Birth Control methods are almost universal and where ignorance of the proper means to apply might be said to be the exception and not the rule. The country of Holland is another glaring example of the many advantages of education along the lines of Birth Control. Not only does this country belie the statements and ridicule the beliefs of afore-

mentioned moralists, reformers, etc., who are prevented from encouraging the use of contraceptive measures for fear their proper use might be misconstrued, or openly and intentionally abused, but it can be said of Holland that there are no healthier or more perfect physical specimens of the human race extant.

It has also been proven that in those countries where Birth Control, or contraceptive measures are intelligently and judiciously used to limit the number of offspring the death rate diminishes perceptibly. We make this statement with our eyes wide open to the fact that there are many arguments and preachings to the contrary or, in other words, that opponents of legitimate, practical, scientific Birth Control, claim that its universal use would tend towards the deterioration of the race and a considerable falling off in numbers, or reduction in our population. This theory may look good to the unthinking person. Such a statement undoubtedly sounds very convincing at first hand and may appear very reasonable on the face of it, but the real facts underlying the health and population in communities where Birth Control measures are thoroughly understood and scientifically applied shows the fallacy of this statement and the impracticability of such theories.

Notwithstanding the sincerity of those theorists who are opposed to the scientific application of Birth Control, the writer wishes to take exception to their theories and is willing to base

his opinion on well proven facts. We have already attempted to prove, in another part of this book, that quality predominates where the number of children are limited according to the physical and financial conditions of the parents, the former being especially applicable to the mother, whose health should be par-excellence, in order to bear and rear robust, healthy, happy children.

The integrity or veracity of the foregoing statement should be obvious to any thinking person. Having, as already stated, attempted, or endeavored, to prove our theories along this line, in other pages, we will not, therefore, go into further detail on this phase of the subject.

Race Suicide. Let us take up the claim of lessening the population, or race suicide, made by those opposed to Birth Control. We will put the following question squarely up to our readers and leave it to their intelligence to arrive at a correct solution: Does a diminishing birth rate necessarily prove a decreased population? We say no, under existing conditions of society, where the parents, comprised principally of the poorer classes, bring large families into the world with insufficient means whereby, even the bare necessities of life are difficult to be had, or where constitutional weakness in either one or other of the parents is present, or where the burden of bearing and rearing offspring has a tendency to lower the vitality of the mother,

or for various other reasons, which are too numerous to mention.

Opponents of Birth Control will undoubtedly cite many instances where some members of large families were leaders among their kind, in the various branches of learning, athletics, etc., including statesmanship, religion, science, feats of physical strength, etc. and who were, in fact, physical or mental giants, or both. These instances do not, in themselves, prove that those adherents to the opposite belief, or, in other words, that those antagonistic to Birth Control, are right in their theories. There are exceptions to every rule and the reader will find such exceptions, the more the subject is made a special study of, to be rare, everything being equal. Let us go back again to the teachings of the opposition, wherein the statement is made that a decreased birth rate must necessarily mean a decreased population. This statement at a first glance, would seem somewhat convincing to the average reader, who was not aware of the actual facts. But let the reader ponder awhile on the subject and look into the real conditions underlying the birth rate, especially in European countries and that of our large cities, and compare that birth rate with that of those countries already made mention of in the foregoing pages. Is the population of Holland decreasing? Positively not. The opposite is the condition which obtains in Holland and has obtained since Birth Control measures have

been legitimized. Why? This question might well be asked. Simply and solely due to the fact that the death rate, compared to the birth rate, has been proven to be less than in those countries where Birth Control is considered an unknown quantity.

Statistics, throughout the civilized world, prove beyond all question of a doubt, that where children are born into the world in a haphazard manner, so to speak, the country suffers a loss instead of a gain. On the other hand, where parents intelligently limit their offspring, the opposite condition is more apt to be the case. For, after all is said and done, it is not the large birth rate which counts, in the long run, but the birth rate, which permits the children to develop mentally and physically, thereby lessening the possibilities of their early demise, or, in other words, it is not the number of babies which are brought into the world, but the number which survive and reach the full bloom of perfect manhood and womanhood, that cut a figure in this work-a-day world.

Does it not sound reasonable that the child of good, sound healthy parents, when properly nourished by a mother who has not been weakened physically by giving birth to a large family, is far more liable to survive and reach maturity in good, sound physical and mental condition than the child of the mother who brings into the world a large number of offspring with too much frequency, which invari-

ably happens, where large families predominate? The answer to this question should be plain to the average reader. Even should the offspring of the latter live through childhood and reach manhood and womanhood's estate, what sorry spectacles a number of them make. Some are weaklings, either mentally or physically throughout their lives. Many morons come from such a source.

A goodly number of those men and women in our midst, who are physically incapacitated from competing with their contemporaries in the various walks of life, might be said to have had their physique impaired in infancy or early childhood. Take the case of families or communities where Birth Control is properly understood and contraceptive measures scientifically and intelligently applied. It will be noted that the physique of the children of such families or communities is invariably well-nigh perfect. The physical constitution of the people seems to improve, all other conditions being favorable, with a limited number of offspring. The countries already made mention of in previous pages, New Zealand and Holland, are proof conclusive of this fact, the physical constitution of the people generally having improved to a more or less marked extent of recent years.

Sterilization. The prevention of conception can be traced back to a very remote age and

various preventive measures have been in vogue, from precautionary methods, used by either the male or female, to operation. We are not here to discriminate between the advisability and inadvisability of any of the aforementioned methods. Their approval or condemnation we will leave to more advanced theorists. We are not all constituted alike and what may be said to be advisable for one may be inadvisable for another. One thing, however, may be said in favor of an operation, which permanently prevents conception, and that is, where the woman is not constitutionally or physically constructed to give birth, or who, for other reasons would be far better advised not to have children. This method of sterilization should, however, never be undertaken unless it has been proven conclusively by your medical adviser that your case warrants such an operation. The question of large families is another phase of this subject to be considered. Some advanced writers approve of operation for sterilization in cases where the woman has as many children as she really requires and is either physically or financially incapable of supporting more children than she has already given birth to. It is not too much to say, and the writer has proved it from actual experience, that there are many married men, who from moral and other viewpoints, associate with lewd women in preference to relation with their wives, due, principally, to the fact that their spouse is or was either

in a poor physical state of health or to prevent having too many children, without the where-with-all or means to support them properly. These men are not, necessarily, depraved or lustful.

It is of vital importance that good, sound medical advice be sought by those anticipating any kind of an operation for sterilization, before adopting this course. The same might be said of contraception. Due to the prohibitive measures which obtain throughout this country, relative to disseminating anything which might tend to prevent conception, it is highly advisable and of the utmost importance, in order to effectively and without injurious consequences, apply contraceptive methods, to at first seek proper advice from your physician, who is presumed to be skilled in all that pertains to your physical well-being and, therefore, fully conversant with such matters.

Whether the reader seeks the advice of a physician or not on the use of contraceptive or preventive measures, it cannot be too strongly emphasized here that the less nature is tampered with the better for all concerned, if it is desired to enjoy the full fruits of sexual intercourse and the complete happiness of wedded bliss. It is of primary importance to the inexperienced man or woman, that they seek medical advice and act accordingly, and be guided by resulting experiences, as to which method is or is not advisable in their particular case,

for, as already stated, we are not all constituted alike and what may be advisable for one may be very inadvisable for another. It is to be admitted that there have been many sad mistakes made in the use or abuse rather, of contraceptives, due, in nearly every instance, primarily to ignorance of the proper means, whereby prevention is successfully carried out. Many of these unfortunate errors could have been easily avoided by heeding aforementioned advice.

Prudery and false modesty have a deal to do with being the indirect cause of many mistakes on the part of those, who otherwise believe preventive measures are a boon to mankind. There are a number of moralists and others, including many physicians, who are either directly or indirectly opposed to preventive or contraceptive measures, many of which make the plea that mistakes have and will be made and cite instances showing the injurious results which have been caused by the abuse of contraceptive measures.

The disease of tuberculosis was unknown to the American Indian until the introduction of the white man's wearing apparel into their midst, yet who would dare to come forth and tell us that we should go naked, as our earlier ancestors did, because the Indian abused the privilege conferred upon him.

The arguments for and against Birth Control may be said to be many and varied. Birth Con-

trol, undoubtedly, has its disadvantages, but we must also remember the advantages which accrue to those who are thoroughly versed in its proper application. The latter greatly outweigh the former. How many morons, degenerates and other undesirables have we in our midst today? Would not this work-a-day world be far better rid of such specimens of the human race? It is a matter of deep concern and gratification to know that a good many of our institutions have adopted the means, whereby sterilization may be applied not only in inherited traits, which have been committed and paroled, or discharged, as either temporarily or permanently cured, from our insane asylums, but in practically every case where there is a possibility of individuals transmitting disease to their offspring. This operation is invariably performed immediately previous to paroling, or discharging patients from the institutions in question. It is a State Law and applies to either sex. This is a step in the right direction and if applied to every State in the Union would be for the immense betterment of mankind, thereby eventually eliminating that portion of our population which is a burden instead of a blessing to society. This is a kind of legislation which will have a great tendency to reduce the number of our criminal population, empty our jails and penitentiaries, workhouses, insane asylums and sanitariums, by bringing a better class of babies into the world.

It is a ridiculous fallacy to think Birth Control has any relation, in the least, to Race Suicide, preachings, arguments and sermons to the contrary notwithstanding. Is it not a common experience, in everyday life, to see men and women adopt children to make up for their childless marriages? How many men and women do we find, who, due to sterility and cannot, therefore, become parents, consult their medical advisers for a cure, whereby they can become fathers or mothers as the case may be? Very, very many indeed, dear reader. Is this not positive proof, in itself, that there is very little danger indeed of the paternal or maternal instinct dying out? We find many women of today, whose health has been impaired, to a more or less greater extent, some of which are chronic invalids, as a result of bringing into the world, large families and with too much frequency. Would it not have been better for those young women to have taken up the study of Birth Control? Would not the criminal operation of abortion, which many young women, for want of better advice, undergo, be far less frequent were Birth Control intelligently discussed and contraceptive methods better understood? It goes without saying, and every intelligent person must admit, that any course of instruction, whatever it may be, which diminishes criminal abortion, should be considered a blessing and not a crime.

Criminal Abortion. The average reader is

rarely given the opportunity of learning to what extent criminal abortion is practised in all spheres of society. To attempt to do so here, would not only take up too much valuable space, but would be considered, if not a flight of fancy, grossly exaggerated.

If there is one crime which deserves the fullest measure of punishment the law can inflict, that crime is abortion. The secrecy under which criminal abortion is performed makes the crime a difficult one to combat. The perpetrator and the victim alike guard the secrecy of their movements at all hazards. Both, through fear of exposure, protect each other as much as it lays in their power to do so, unless under very exceptional circumstances. It is practically only when the victim of this dastardly outrage against nature succumbs, as a result of the illegal operation performed upon her body, do the arch-friends who performed such an operation ever receive the punishment they so richly deserve. These unprincipled scoundrels practise their nefarious occupation throughout the length and breadth of the land, seeking whom they may devour. This atrocious calling is not confined to the male sex alone. There are many of the weaker sex who depend upon this villainous practice for a livelihood and reap a rich harvest by their wicked calling.

There are many women who pride themselves on the fact that they have undergone the operation of abortion successfully, or, in other words,

without suffering any undue hardship or permanent injury and in a good many instances advise their sisters in misfortune to do likewise. Poor misguided women. They do not take into consideration the fact that criminal abortion is a crime against God and man, and in direct violation of the laws of nature, and consequently injurious to a more or less greater extent, even under the most favorable circumstances. They may think that they have defeated nature successfully, but there will come a day of reckoning, when they may, in all probability, live to regret the ill-advised course they pursued in checking childbirth by such destructive methods.

Abuse of nature's laws will reap their just reward. "The mills of God grind slowly but surely." Every young woman should dread criminal abortion, for, as already stated, criminal abortion is in direct violation of all the laws of God and man and every woman should treat it as such or she may live to rue the day she resorted to such a dastardly method of defeating nature. We wish to impress on our readers again, that abortion is never justifiable. It is criminal. It is absolutely dangerous to life and health. It is destructive in the fullest sense of the word and should be treated accordingly by absolute refusal to resort to such a method, no matter what the circumstances may be, nor how plausible the subject may be introduced. The world is teeming today with women, sick and sore at heart, broken down in health and their

future ruined, who were tempted to adopt this course, due to the plausibility with which this illegal operation was put before them. Very, very frequently indeed is the woman, who submits to criminal abortion, a chronic invalid for the rest of her natural life. Many, many cases of abortion are followed by the severest form of illness and, in a good many instances, death and ultimate dishonor. Many women have had their lives completely ruined by adopting this practice to thwart the laws of nature and compelled to live a life of despair, as the result of their error in yielding to the tempter, unintentional though it may have been in many instances. These unfortunate women would have borne with any suffering or disgrace if they only could secure their health back to where it was previous to submitting to this dreadful scourge on society.

Any physician will tell you that the country is swamped with unprincipled persons, including so-called physicians, who reap a fat harvest in the illegal practice of criminal abortion on young women in every walk of life. One would think it hardly credible, but it is, nevertheless, true.

One point the writer wishes again to impress, very forcibly, on the minds of all young women, is that, no matter how grave the circumstances may be, **NEVER, NEVER** submit to criminal abortion. If you do not heed this advice, there is nothing you can say or no excuse you can offer

society in extenuation of your perversity, as you lay yourself open to censure from all sides. Abortion, young woman, is inexcusable, no matter how aggravated your case may seem. It is a crime against all the better instincts of humanity and should never be resorted to under any circumstances whatsoever. Our large cities could tell a tale of many young women, with bright and happy futures, who are chronic invalids and broken down in health from the effects of criminal abortion, not to mention the countless thousands who were sent to a premature grave, as the results of this dreadful curse.

Any young woman anticipating abortion, should remember that death and destruction is the possible termination to such an operation, and the operation itself, to say the least, is destructive in every sense of the word. She should always keep these facts uppermost in her mind and under no circumstances, no matter what the gravity of her case may be, yield to the tempter.

As already stated in previous pages, limitation of offspring, or the power to choose when and how many children you wish to have or the number you deem desirable, is of vital importance to the future of the human race. Quality vs. quantity is the cry of a good many advanced thinkers, among which are many mothers, who firmly believe it is an utter impossibility for the average woman to give birth to a very large family and do justice to herself and her off-

spring. It has been proven conclusively that many mothers are broken in health and strength as the result of giving birth too frequently and too often. It, therefore, stands to reason, that such a mother, whose vitality is already sapped, cannot do full justice to her babies. This is obvious. The children grow up puny and delicate in a good many instances. The nourishment the babe derives from its mother's breast cannot be equalled by any artificial nourishment. It, therefore, behooves any mother, who desires a strong, robust, healthy family to suckle her own children. Is a mother with a lowered vitality physically capable of suckling her children? Can she successfully accomplish this end, with her health and strength already sapped, beyond the possibility of physical endurance, through too much frequency in giving birth, as is usually the case, where very large families predominate? We believe she cannot and in this belief we are supported by some of our most advanced thinkers and humanitarians.

The goal of each one of us should, therefore, be towards a better and more perfect race, mentally, morally and physically. Towards this end we should strive with all the power within us, so that prosperity, health and happiness should reign throughout the whole civilized world, not poverty, misery and helplessness, the latter being the result of begetting children, a good many of which, instead of being a blessing are a burden on society and, more or less, a curse

on the parents who brought them into the world. The writer earnestly trusts that the day will eventually come when every man and every woman will see the light of this philosophy and act accordingly, by strict adherence to the dictates of their conscience, and use their utmost endeavors to help strengthen their will-power, whereby the gratification of the sexual instinct will be considered of secondary importance to the general welfare.



Standard Sex Knowledge and Health Encyclopedia

Part II

THE GIRL ON THE WRONG TRACK

CHAPTER I

CHOOSING THE PATH

It is generally conceded that the modern girl, vulgarly known as "the flapper," is hard-boiled and frivolous, exceeding the looseness and lasciviousness of any age known in history; that she is given to strong drink in distressing numbers, smokes cigarettes and too frequently comes under the head of the "dope addict;" that she fills her mind with questionable, if not immoral literature, indulges in improper dancing, and adopts an extreme mode of dressing and of personal adornment which is suggestive rather than serviceable; and it is further conceded that if this style of procedure is permitted for another decade, it will jeopardize the safety and continuance of our social order, of ideals and standards rooted in our social fabric by generations of wise and far-seeing progenitors, and will, indeed, so poison the very mainspring of life that a continuance of the race itself will be a question of but a few generations.

This is the gist of the complaint that is being made against the modern American girl. Not only made questly and fearfully within the

walls of our own homes, but shouted from the housetops—from the pulpit, the popular magazines, the household journal, and the movie screen.

The present “younger generation” has been in the lime-light of public opinion, and that public opinion an adverse one, more than any other generation that ever followed a worried parenthood to maturity.

It is contended that we are facing something of a national scandal, back of which looms a very definite menace. The nation is in need of strong souls, clean, clear minds, rugged bodies, ambitious effort. It has great issues to meet—issues the like of which the world never faced before. Half of our earth has been torn to tatters; the few men and the many women in the war-torn nations of the old world are buried in a resultant poverty with all its attendant tragedies; our own nation is the source toward which many of these befuddled millions look for direction or material help. This condition will last for years to come.

Meanwhile the present generation, the generation which is to handle this tremendous problem is saturating itself with self-indulgence, licentious living, utter oblivion to everything but the most sensational of personal indulgences.

In other words, our young people, our girls and our boys, according to the pronouncement of public opinion, are “going the pace that kills.”

It is the special province of this study in modern girl life to give concrete facts, to hold up to the bewildered parent a picture of the girl, who, from the very record of her deeds comes under the above pronouncement.

"Sub-normal cases," many will say. But let us study them with open minds, and see if they are not types of normal girlhood, fundamentally like other girls—girls of our neighborhood, girls of our own household, at least before the beginning of the downward career, for one of the mistaken attitudes taken by the mother too frequently is that an erring girl does what she does because—well, she is somewhat "different." Many a mother has held this thought about the erring girl only to wake up to the fact, too late, that her own little girl has slipped somewhere, out of range of mother's complacent eye, and fallen. "And she was such a dear child," the bewildered parent wails, "I don't see how it ever happened!"

Alas, she is not so very different, this erring girl. In the beginning she, too, was safe and secure, normal and sound in every respect. The trouble was that she arrived at two cross-roads somewhere along her journey, and in her ignorance chose the wrong path.

Life is full of puzzles to the older and wiser heads; how could the girl just out of her childhood (still scarcely more than a baby in the eyes of her fond parents), thrown into temptations such as her elders know nothing about,

choose between the road of the glaring lights, the thrilling sensations, the many pitfalls, and the road of the straight, brave, honest endeavor, drab and gray to the young, eager-searching eye, but with heights of achievement, and splendid compensations for a life well and truly lived?

Always there have been these two roads between which to choose, but never before did the lights flare so brilliantly, the short-lived joys beckon so alluringly, to the wrong path, as they do today. The average girl needs more strength than her own, and the firm guidance of an older insight, to make the wise choice. Most of all, she **NEEDS TO HAVE TEMPTATION REMOVED FROM HER PATH!**

A prominent woman writer in a widely-circulated household journal says, among other things—"We all know the stories—reckless speech, unchaperoned parties of the wildest freedom, smoking, the hip-pocket flask at afternoon and evening dances, the demand for incessant extravagant amusement, and the wearing of immodest dress—and distracted mothers write new ones in every mail; from Wichita and Sioux Falls, and Paris, Maine, and Galveston, Texas. There seems to be no end of the gasping and the shocks. And there seem to be no geographical limits to the contagion. . . . It was in a small western town that the story of the abandonment of stays at dances started, and it was from a Kentucky city that a woman

wrote me that her son's little group, 'children of the nicest families in town' called their dancing club 'The Twin Beds Club.' "

The matter in reality is wide-spread, and breaks out in the best of homes, as well as in the poorer and less protected kind. Rosa Evans, daughter of a poor Southern family, where there are so many children they have to sleep three in a bed, develops a sense of independence, and runs away to a city or a large town. Rosa is pretty, weak, and possesses only a limited capacity for application. She is poorly paid, loves pretty clothes and admiration, and without the least knowledge of what she is getting into, and with no really bad motives in her foolish little breast, meets temptation, and falls. Disillusioned, bedraggled and miserable, she is picked up by the Juvenile Court, her parents are notified, and she is sent home in disgrace.

There is nothing new or startling about a morbid story of this kind. It happens so often, and it is what might be expected of a daughter of "such people."

The beautiful daughter of a rich farmer makes her debut in society; an imposing presentation ball is given; elegance and evidences of wealth and culture are everywhere. The girl is entering life as a young woman; soon she will meet the man of her choice, the son of one of the other best families; they will make a sensible marriage, and will settle down to creating a high-class home, parents to well-born, well-

bred children. At least, this is the logical outcome for this daughter of wealth and advantage. But what is society to think, when, the morning after her presentation ball, she is found miles away from home with a boy friend at a country hotel?

Such things can't happen among "nice people," we once told ourselves. But this thing happened, and too many things like it are happening for us to close our eyes and say, "But they are different; our kind do not act like that."

It is just this sad fact that we are deploring. "Our kind" are acting exactly like that. And it is to the mothers of "our kind" that I am sending this statement and this warning. They, and they alone, can save our young people.

"Not all the charges against her are suitable for polite discussion," says another writer in this discussion of the modern girl. "One of the lighter indictments is that she has made a mockery of her maiden countenance. She bobs her hair, picks her brows, powders excessively, rouges still more excessively, uses a 'lip stick,' and perfumes the palms of her hands. . . . the girl's mother also powders, paints and works the lip stick. . . . Of course, the young girl should set her mother a better example, but since this is such a reversion of the relation between mother and daughter, probably she has never realized that this was her duty. She has followed her mother's example as usual."

It is true that the majority of mothers do not use either rouge or the lip-stick. But those who do not must suffer because of those who do. For instance, Ethel Turner's mother would as soon wear knee frocks as paint her face, pull her eyebrows and rouge her lips. She firmly believes that the use of rouge is the dividing line between feminine modesty and something else which she does not name even in the intimacy of her own mind. She truly belongs to the "nice people" who do not deal in such subjects.

But Ethel's dearest friend is the daughter of a woman of modern ideas, and one who thoroughly believes in being up-and-doing. This mother darkens her thinning eyebrows, uses the lip-stick, and rouges her cheeks. Ethel is greatly impressed by this fact. When her own mother deplores her use of cosmetics she replies that "perfectly nice people do it. Even Mrs. Price does it, mother," she argues, "and you can't say that she is not as nice as anybody. She's the leader in her club, and sings in the choir, and everything. But she does believe in being up-to-date. She says every woman should always try to look her best."

"Well, she looks her worst, with her face all painted up like a wild Zulu," the mother throws back in despair. She knows her protest is useless. Mrs. Price, who is a mother and an aggressive woman in civic and social affairs, paints. Many mothers' daughters in the neighborhood bolstered their first timid efforts in

the use of rouge with the fact that Mrs. Price, or Mrs. Jones, or Mrs. Smith used it.

And what, after all, is the matter with rouge? Nothing, except that back of its use is a tendency to deception. A tendency consciously and continuously practiced. The rouged face presents itself to the public. "This is just exactly how pretty I am," it says. And the constant user of cosmetics feels a sense of defeat if caught off guard at any time with only the natural skin to speak for itself. The desire for beauty is a natural and laudable one. But how about the soul back of the face that forever wears a mask?

It is not a far step from rouge to knee skirts, from knee skirts to rolled stockings, from rolled stockings to cigarettes, from cigarettes to—well, there are any number of things, any one or all of which a young girl may choose. Among them are men, liquor, and "dope."

Not that every young woman who does any of the above may take to all of them. Far from it, for most of our young women to do one or more of them. But the first barrier down, each succeeding hurdle is easier to take. So it is a serious matter that a young girl begins to paint her face before she learns to read good books, to develop ambition for a useful career, or to dream the old dreams of a true love, romance, and a castle of her own.

In other words, the perfectly callow girl-child is being pushed into dangerous ground

when she is allowed to lose her mind in material things and physical appeal. This is the period when her mother's interest should be most alert, and her wiser influence most continuously exerted in behalf of her daughter. By nature the young girl, as one writer says, "is the most delicate, sensitive and modest being born into this world."

It must be kept within the mother's power to see that this daughter retains this modesty and sensitiveness throughout the years of puberty, at least. This is the dangerous age of youth, and it is an age so easily within the mother's grasp. What happens to the girl in these few years of adolescence will color more or less her entire future life.

CHAPTER II

THE END OF THE WRONG TRACK

Not many weeks ago two young women were found on the water-front of one of our largest cities, evidently thrown out of an automobile as carelessly as one would throw out an old lap robe. The girls were both dead. They were both well dressed, in the thin, ultra fashionable style of the day. One of them had been alive when tossed from the car, as the scratched and bruised condition of her face showed that she had dragged herself along the cinder path in an effort to get somewhere.

The newspapers carried pictures of the parents of these young girls. These parents were kindly, pleasant-faced, middle-aged folk, of a decidedly rural character. They were exactly like thousands of mothers and fathers who plod hopefully along, conscientiously doing their duty and building aircastles about the future of their children, their girls and boys, so rapidly growing to young manhood and womanhood. How little did these particular parents dream of the fate that was to befall their beloved daughters! What had they, the mothers and fathers, done to bring upon themselves the agony of loss, this awful shame and humiliation? Their little girls, flesh and blood of their

flesh and blood, flung out to the elements like so much trash, to freeze and die alone?

If the parents were in no wise to blame for this bitter chastisement, what had the girls done to bring it upon themselves and their fathers and mothers?

What, indeed, had these girls done? The first step, it is easy to imagine, was self-indulgence. It is easy to trace the rising discontent with things as they were at home—the old-fashioned parents, the restrictions, imagined and otherwise, the poverty, the staleness and homeliness of everything—This sort of discontent is often translated into ambition by those suffering from it, and these girls, no doubt, thought they were imbued with a fine impulse to do things, to accomplish something in the world, to rise above their immediate environment, to gain fame and all that. All the time they may have been wanting just to get away from tedious responsibility, and merely to have a good time. But let us give them the credit for wanting to do something worth while; for having a real and legitimate ambition; and for persuading their parents that this was their object in going away from home. With tears in their eyes the hopeful, doting parents let them go.

The girls went to New York City. They got into the chorus of some show. And evidently they never got any farther. Fame was a long way off, and the road to it was a hard one to travel. To become famous meant hard, unre-

lenting work, and self-discipline. Most of all, it meant self-discipline. It meant turning one's face away from late parties, from joy-rides; from promiscuous attentions from any Tom, Dick and Harry who could spend a little money and "show one a good time." These girls were not equal to the task. It was the same thing they had at home—this work, and application, and self-discipline. They were free-born, modern, American girls, and they were not going to be bound down anywhere, at anything. Ambition was all right. They were ambitious. But one had to live her life, too.

So they substituted plain self-indulgence for ambition. No doubt, they began in a small way, at first taking advantage of this opportunity and that, until at last all the self-restraint was gone, all the barriers were down, and no chance was too big to take, no risk too great, if it offered "a good time." They finally left the city they got their start in, drifted about with two young men to whom they were not married, lived "free," irresponsible lives, not true even to the men who were supporting them; it was with two strangers who had picked them up on the street that they had gone for that last "joy ride," which ended so disastrously for them.

What these girls had done to reach this unhappy end, was, first of all, to lose their grip upon themselves. They let go of that something which is in every woman by nature, and to which every woman must cling with every atom

of her being, if she is never to get out of the right track. There is only one right track. That lies straight in the vision of every girl who does not allow her brain to become clouded by thinking too long upon the many wrong paths that present themselves; they come with greater persistency, the oftener and longer they are permitted to come, and linger in the mind.

Too many times the victim of delusions does not realize that she actually is on the wrong track and going the pace that leads to inevitable ruin. But she knows—she always feels it—when she has taken the first wrong step or two. But she does not realize it when she actually steps out of the right path. Many girls, conscious of having taken a wrong step, maybe it was just one little twisted step, read about the girls that were thrown out on the water front to die. But they shrugged their shoulders and said, “Well, I am not going that way. I am not on THAT track.”

The Story of Jean. Jean’s story never got into the newspapers. But it was no less a tragedy because of that. The writer was living temporarily in a fashionable apartment house on Chicago’s North Side, occupying the front parlor and a bedroom. The large folding doors between the front and back parlors were closed and locked. Evidently someone was living in that third room. On two occasions I was wakened by a person or persons moving about

in this adjoining room. It seemed very late, and I wondered about it, as one will drowsily, when wakened out of a deep sleep. The third night when the noise awoke me, I looked at the clock. It was four-thirty in the morning. Presently I heard a door open and close; someone went down the stairs, and the outer door opened and closed.

Next day I asked a lady in the house with whom I had struck up a slight acquaintance, who it was that occupied the parlor back of me.

"Oh, that is Jean K——," she said. "She is a little actress who is taking a vacation here for a few weeks. A charming little girl. Haven't you met her?"

I said I hadn't, but told her nothing about the waking moments I had endured because of Jean. A day or two later this woman introduced me to Jean, the actress. My first impulse was to take the girl in my arms as a father or mother would their child. I thought I had never seen a more magnetic and appealing beauty than was hers. She was small, with the plumpness of youth, her skin was clear olive, and her hair, which now hung in thick, lovely curls, was jet black. Her cheeks dimpled as she smiled, but there was not a trace of color in her clear skin. In fact, Jean informed me that she was ill. She had had an operation for appendicitis, she said, and didn't seem to recover from it very well. I knew afterward that her appeal to me was not one merely of a very

pretty girl, but of a girl in great trouble, with no hope of aid from any quarter.

I saw Jean for a fleeting moment the next day, and the third day I moved away. Less than a fortnight later I returned to this house on some business, and the lady whose acquaintance I had made there informed me that Jean was dead.

“Dead?” I cried. “Jean—the little actress—dead?” It was made quite plain to me that she was dead, and then I was told her story, as it had come out bit by bit after her death. They always do come out, these poor, miserable little stories.

Jean had been on the stage, probably in the chorus or in some minor part. She had come from a neighboring city, where she had left her parents and a young husband, who was very fond of her. Further than that no one knew about her past life. But there was a gentleman, a very wealthy youngish man, who, according to the landlady, had been very nice to Jean, giving her presents, flowers and candy, while she was taking her vacation. This man had been at the house to see Jean a good deal of late, and was with her when she was taken suddenly very ill. The doctor was called and said she must be taken to the hospital at once. This rich admirer was standing around, trying rather awkwardly to help, my informant said. Finally he asked the physician if there was anything he could do, at which the doctor glared at

him for a moment and then said: "No, you can't do anything—Go and jump in the bathtub; maybe that will help you." The doctor, no doubt, had seen his kind before.

The truth of the matter was that poor little Jean, sixteen years old and married, had given herself up to the allurements of another man's money and the good times she imagined it could bring her. She had paid the full price, had undergone an illegal operation, blood poison had set in, and she died in great agony after several days of suffering at the hospital. A notice of her death was put in several papers, her husband saw it, and came to claim the body.

Jean made a false step; it was the step of self-indulgence. Her vision became blurred as she went on, the right path was lost, and the wrong one led to her death before she could be snatched away from it.

What Will Become of Louise? Recently I was in the office of a very successful, big-hearted physician. There was a call over the telephone. After he had answered it and made an appointment, he said to me: "I want you to wait and see this girl who has just talked to me. Her name is Louise M———. Her parents own an apartment building on the West Side, for which they are asking \$50,000. They have other property. Louise and a brother will inherit all they have. Yet she insists upon working in a department store on State Street.

“Louise came to me a week ago and said she was afraid there was something the matter with her. ‘Suppose there is,’ I answered her. ‘That is fine. You and Ben will be happy over it.’ ‘No, no,’ she cried. ‘Ben and I haven’t been living together for six months. I am going to get a divorce. . . . I have got to do something about this, doctor, if I am caught.

“‘Oh,’ I answered her. ‘And who is responsible for this—providing there is something the matter?’ ‘The boss of our department,’ she assured me. Well, I finally told her to come to me in another week, and in the meantime she might find it was a false alarm. She is coming now.”

As Louise came in, under cover of getting on my gloves, and bidding good-bye to the doctor, I looked her over. I saw a youthful looking blonde, of the average type, well, but not conspicuously dressed, and with nothing in her features to indicate that she was in any way abnormal, or sub-normal.

When I saw this physician again I asked: “Doctor, how old was that girl I saw up here the other day?”

“How old?” he said. “Why, I think Louise is about eighteen.” And then he said: “I have asked Louise why she works. She doesn’t have to earn her living, and she doesn’t, of course. The money she makes in that department store is spent on frivolities—candy and shows, and such things. Her parents support her and buy

her clothes. But when I pressed her for an answer she said it was tiresome staying at home. She didn't like to keep house either for her mother or for her husband. . . . They like the excitement of being out in the world, these little girls, and they often become so intoxicated with it that they lose their balance entirely. Now the boy, at least the average boy, has a place in the world of things which he takes seriously. Work means success or failure in life for him; it is the background for a family of his own, a home of his own, and of a respectable station in life. But the young girl, the average modern girl, I am afraid, makes a plaything of what she calls 'earning her living.' She demoralizes herself and those about her.

"I told you, I think," he continued, after a thoughtful pause, "that Louise thought she had got herself in trouble. She told me about it as nonchalantly as you might tell me about a headache. No blush, no hesitation, no shame registered on her face. When she found that she was safe, there was, of course, a feeling of relief; but, she informed me that I could get all I could do, if I would take cases such as she had feared hers was, among the girls in her section of the store. 'Doctor,' she said, 'there are lots of girls in the store who would come to you if you would take care of them.' 'Nothing doing in that line,' I assured her. 'Tell these girls to behave themselves and they won't need a physician's care.' "

“If this girl, at eighteen, has so lost her womanhood, what will her children be like, providing she has any?” I asked this physician. He threw up his hands. “I don’t even think about it,” he replied. “But I do know,” he continued, “if something isn’t done about it pretty soon there won’t be any more generations. The modern girl has got to be taken hold of and put on the right track some way. . . . It looks to me like it is up to the mothers.”

We have been saying in the past that poverty caused the downfall of our girls; that and the White Slave Traffic. And formerly it was true. But we have just passed through the richest era this nation has ever known. Enormous salaries were paid even to incompetents. Girls wore silk stockings and silk lingerie with all the comfort of princesses and millionaires. They very apparently did not need to sell themselves for food, nor for the comforts of life. It is self-evident, however, that too many girls gave themselves up to sensational and depraved pleasures without the spur of necessity, or the whip of want which formerly drove them on to desperate measures.

What of Ruth? I met her first in the advertising department of a large publication. She was slender and pale, with the soft roundness of youth, and a mere suggestion of rose pink in her cheeks. One had the impression that she had at one time been more robust, with plenty

of color. Her marcelled hair was always combed neatly back from a low, well-shaped forehead, and confined in a soft knot at the nape of her neck. Her eyes were clear and blue, and there was an inquiring, almost child-like expression in them. I admired her very much, though for some time I saw her only at a distance, and had not talked with her at all.

One day she stepped into my office, told me her name was Ruth L——, and talked about books. She read the popular books, yes. But only for passing amusement. She also read, and preferred, the intellectual things, books on sociology, science, and history. She appealed to me as an unusual office girl, and one of gentility and refinement.

On leaving the building one evening Ruth caught up with me. She had been walking rapidly, and was a little out of breath. This exercise had brought the rose tint a little stronger in her cheeks and she looked very pretty, especially as her eyes were shining with something akin to excitement. "I have two gentlemen friends, both of whom always want to take me home in their cars," she said, as we walked along. "One of them is younger than the other, and would meet me right here at the door of the building. . . . You would think I would prefer to go with him, wouldn't you? But I prefer to go with the other one, though I have to walk six blocks to the garage where he parks his car. Now, isn't that just human

nature?" she laughed. I smiled back at her, as I knew no more about the matter than she had told me, and it did seem possible that her preference was a bit of real contrary human nature—preferring the more inconvenient things.

Another time, Ruth was in my office talking about herself as girls will. "I never wore winter underwear before," she said. "But the doctor has ordered it, and I am at his mercy. I don't know that I am any better off than I was when I dressed as foolishly as other girls do."

"Have you been ill?" I asked her. She replied that she had and I said, "But you see, if you had protected yourself with sufficient clothing before, perhaps you would never have been sick."

"Oh, no—it wasn't that," she replied quickly. "I didn't get sick from cold. I—I had a nervous breakdown, and was in the hospital. Oh, you should have seen me before that. I am a mere shadow of what I was before that." She said very little more, and left.

A co-worker who had overheard Ruth's conversation told me her story after she had gone. Hadn't I seen, she asked, a certain man, prominent in the advertising fraternity, coming into the place frequently, almost every day, in fact, and spending considerable time in the office in which Ruth worked? I replied that I was not much of a hand at "seeing things," and I had

not noticed this especial performance; if I had I would have thought the man was there on business. I would never have connected his visits with this genteel looking girl.

Well, everyone knew about it. In fact, it was generally conceded that Ruth held her position with this particular firm through this man's influence. Most of the time when he came in Ruth's boss walked out, and the two had a nice little half hour or so for a chat. Ruth's stay in the hospital had not been caused by a nervous breakdown. It was caused by the same thing that sent Jean, the little French actress, to an untimely grave. Ruth had not died, but by her own admission she had lost much of a once robust health, and had been "doomed to winter underwear" by her physician.

Naturally one takes gossip "with a grain of salt"—if one is wise. I try to be as wise as my nature will permit me to be. So I took this gossip about Ruth and the advertising gentleman with the proverbial "grain." I hoped it was not altogether true, to say the least. I never watched to see the gentleman referred to walk into her office. But upon another occasion Ruth passed me as I was leaving the building again. This time she was too hurried to stop. "I am to meet Mr. B—— at the garage in three minutes," she said, "and must hurry."

Thus by her own admission did I know that the story I had heard was true. I left this place a little later. It was probably six months

before I saw Ruth again. It was on the street. Her soft brown hair had been dyed a deep red, and there was more color on her cheeks than the paleness of her skin warranted. I wondered if Mr. B——, the middle aged head of a family, had tired of the pale little girl whose health he had stolen, that she should color herself up so generously.

It was too bad about Ruth. She possessed fine possibilities. I believe she would have made an intelligent citizen and a splendid mother. But she got on the wrong track—one that makes neither for good citizens nor good motherhood.

Poor Annie D——. One of the cases that has seemed to me a little worse than many others, was that of Annie D——. One day a man and a woman applied for rooms in a small, but respectable family hotel. They introduced themselves as Mr. and Mrs. W——. Mrs. W—— attracted attention because of her good looks, chic appearance, and kindly, courteous manner towards everyone. Mr. W—— was friendly, but small of stature, weazened, and though expensively dressed, was evidently of low culture.

It soon became apparent to the guests of the hotel that Mr. W—— was a steady, though not obtrusive drinker. As time passed, Mrs. W. gave signs of following in her husband's footsteps. She sometimes appeared in a slightly

dazed condition, expressing herself with hesitation, and laughing easily, in a silly fashion not her own when in a normal condition. There came times when she stayed away from meals.

Finally, one night, the guests on either side of the rooms occupied by the W.'s were awakened by what seemed a rather ferocious combat between this strange couple. Nothing was said about it; next morning, however, Mrs. W. did not appear at breakfast nor at lunch, and Mr. W. hurried away to his business. When Mrs. W. came down to dinner, there was a slight bruise under her right eye, and her lip appeared swollen. She complained of a cold, and seemed otherwise in good spirits. So the matter passed off.

It was the last year of the war, and one of Mrs. W.'s chief topics of conversation was of her son at the front. Evidently she was very proud of this son. She got wonderful news from him. Once the report came—so she said—that he had been wounded at the front, and she was in tears all day. The guests wondered if she had taken to drink because of the worry over having her boy in the war. They came to pity, rather than to condemn her.

What turned out to be drunken quarrels, occurred with greater frequency, as the couple felt their security at the hotel. The woman finally appeared with a bruised face, and complaint was made to the management. They were asked to leave. Mr. W. disappeared, but

Mrs. W. remained a few days, as she was too ill to leave her bed.

At this time a new man came upon the scene. He was introduced by Mrs. W. as her son. He was a well-built, youthful looking blonde, of evident culture and intelligence. That he appeared to be too old for Mrs. W.'s son, however, was noted, and attributed to the fact of hardship borne during the war. Of course, the truth had to come out very shortly, and within a week everyone knew that the son Mrs. W. had talked so much about was, in reality, her husband, Charles D. Mr. D. stayed at the hotel with his wife, until she was strong enough to leave with him. He was a straightforward, honest fellow, and talked frankly with the hotel keeper about the situation.

"I supposed," he said, "that my wife was living with her sister, as that is where I left her, when my company was ordered south. I have been sending my letters to her there, and she was always giving me that address in writing to me. I went to her sister's home when I returned from the army, and was told that she had been living here. I did not know until I came here that she had been living with that man." The hotel keeper asked him if he intended taking his wife away with him, to which the distressed husband answered: "Yes, I will take my wife with me, and keep her with me, if I can. There is nothing else to do. She is

broken in health and her nerves are shattered. There is no one to take care of her but myself."

The loyalty of this husband was wonderful. He despised the depths to which his wife had fallen, yet she was his wife, and he would not forsake her. The man with whom she had been living was a bartender, with a very small income. They had been using the husband's army pay, as he conscientiously sent it to her each month. She also had an income of her own. The beatings she had been getting when Mr. W. got drunk and ugly, were telling on her health. Her husband could not leave her to such cruelty.

And this woman, Annie D., had learned to drink in her mother's home. "They always had liquors on the sideboard, and were a very hospitable family," the husband had explained. "It was then, I am sure, that the habit got hold of her. Mr. W. could furnish all the drink she wanted, and from what she tells me, she has taken an awful lot of it."

They left the hotel, the husband and wife, together. He took back his old position in a broker's office and was earning a fair salary. They left with the best wishes and the sympathy of the people in the hotel. Everyone wanted to see the woman return to her former, better self, for her own sake and that of her husband.

Three weeks later, about nine o'clock one morning, while passing a questionable district

on North Clark Street, near the river, I saw a man and woman come out of a hallway leading to rooms above a restaurant. They carried a small black leather bag. It was Annie D. and Mr. W.

CHAPTER III

JAZZ AND SHIMMY

Jazz and Shimmy Worst Foe to High Standards for Youth. What has been the stimulus back of the pace at which our young people have been going for several years past? Probably no other element has been so much to blame as the modern music known as "Jazz," and the modern dances known as the "Shimmy" and its kindred types.

The following from the report of the Illinois Vigilance Association, which has been conducting a crusade through the Morals Court, against the forms of music and dancing which are charged with the downfall of hundreds of girls, tells in language pungent and expressive of its findings.

Fall of 1,000 girls charged to jazz music.

"That the weird, neurotic, sex stimulating strains of so-called jazz music result in a 'feeble-minded morality' is indicated in a study recently completed by the Illinois Vigilance Association of unfortunate girls brought into the Morals Court.

1,000 Cases Investigated. "The association's representatives have dealt with more than 1,000 of these cases in the last two years. Temporary shelter and aid were given girls in many instances and help provided for their return to normal life. Less than 3 per cent of the girls

thus befriended ever reappeared in the court. Implicit in their pathetic histories lie vivid pictures of conditions in Chicago that cause crime and develop disease and degeneracy.

"The demoralizing part played by jazz music and dancing in the experience of these girls was repeatedly portrayed in their pitiful stories.

"In practically all the cases where they were not already hardened prostitutes it was found to have been a potent factor in their downfall.

Cites Typical Case. "The sad history of one girl recently brought into court is typical of many others. She was born in Chicago of good parents who exhausted every resource in her behalf. Although but 18 years old when brought into court, she had been frequenting jazz dances for over three years.

"Beginning when less than 15 years of age in the more expensive dance palaces of the north side she gradually drifted down to rougher ones on the west side. The same type of music was played in all the halls.

"This sex infuriating music, combined with other conditions, led to her first indiscretion. This was followed by a life of promiscuity, the act often taking place in the halls and corridors of the building in which the dance was held.

"She finally met a man at a certain hall, ran away with him, and was subsequently deserted. When arrested she was living in a disorderly flat with Negroes. The association's officer became interested in her story, befriended her, and later was able to restore her to her home and parents.

Girls Ruined at Dances. "This girl's experience has been duplicated hundreds of times with results even more tragic. The woman of-

ficer of the Illinois Vigilance Association has cared for over 150 illegitimacy cases where, according to statements of the victims themselves, conception took place on stairways and in corridors in jazz dance halls. In one instance a certain girl was insulted over forty times during the course of one evening!

“With many of these unfortunate young people the dance described above marks simply the beginning of their career. To observe the final fruits of the “jazz music route,” one must visit a big dance floor in the Second ward. Here investigators for the Vigilance Association found the logical culmination of so-called ‘modern’ music.

“Mid the distracting notes of the saxophone and the weird beat of the tom-tom was witnessed conduct not hitherto seen outside the old red light district.

“In full view of the audience, which included many boys and girls apparently still in their teens, couples on the floor gave way to almost every form of indecency. Dancers violently threw their arms about each other, frequently assuming immoral postures.

“Lights were lowered, and to the strains of syncopated music actions that are indescribable took place. This is the full flowering—the fruition of modern erotic music, which has so crazed and befuddled the moral make-up of young people.

Rouse Public Conscience. “The Illinois Vigilance Association seeks to awaken the public conscience to the present danger and future consequences of this pathological form of entertainment, but has no desire to abolish dancing. It does not believe in puritanical restrictions, but in decency.

“The dance and music described are common, not only alone to disorderly places but often to high school affairs, to expensive hotels, and to so-called society circles.

“Parents, churches and schools should know the manner in which their young people are dancing. They should learn from the experience of hundreds of girls that moral disaster, disease, and degeneracy often lie in the wake of this sort of recreation. And having learned these things, they should enlist in the movement for wholesome, not abnormal, music, for clean dancing and for conditions in dance halls that shall be constructive instead of degrading.”

Bares Evil in Dances, Auto Rides. That the High Schools have become infested with the moral sub-normality all too prevalent, has been the complaint of parents for some time past. An appeal to parents to save high school girls and boys from the effects of jazz music, shimmy dances, joy riding and immodest dressing, was given to the Board of Education in Chicago recently by Superintendent Peter A. Mortenson. The appeal was prepared as a result of conferences attended by high school principals and deans, and bears their endorsement.

Text of Report. Following is the text of Mr. Mortenson's report to the school board:

“To the board of education: The superintendent of schools reports that, in conference with the deans and principals of high schools, a statement of general principles has been evolved. The greatest force for good in the school, is the sentiment and public opinion of

the main student body; it is believed that these young people and their parents will co-operate with the board of education in setting standards, and in restraining the less responsible. The superintendent suggests the following statement of general principles:

“We believe the modern method of dancing has done much to break down respect for womanhood.

“We feel that no effort on our part can counteract this evil unless the parents realize the danger and help us maintain the standards.

Flay Jazz Music. “We believe that jazz music has done much to corrupt dancing and to make it impossible for young people to learn the more refined forms of dancing, at the same time vitiating their taste for good music.

“It is the intention of the board of education and its officers that all dances given by the pupils of any high school shall be conducted within the high school building if possible. When this is not possible the affair is to be so advertised that parents can make no mistake as to the responsibility and chaperonage of the school. The superintendent asks that parents assure themselves that a dance so organized and conducted be not confused with a dance patronized by high school pupils, but not authorized by the school.

“We believe that the unrestricted use of the automobile is another demoralizing influence, and that parents who allow boys in their teens to take high school girls joy riding are doing much to break down the moral standards of the community.

“We believe that in accordance with the state law, pupils should refrain from smoking.

“Extremes in dress are deplorable. We be-

lieve that mothers should know that modesty and simplicity in high school girls' costumes are most helpful and uplifting to the school ideals.

Favor Early Hours. "We believe that young people of high school age should keep early hours and devote five evenings of the week to their high school studies.

"We believe that parents should be invited to share in the patronage and chaperonage of all school functions.

"Inasmuch as our greatest concern is to preserve the wholesome elements in the characters of our young people, and to insure a development into a strong manhood and womanhood, with a will to combat evil, the superintendent feels that he has a right to the active support of the parents in these matters of standards and ideals.

"The superintendent recommends concurrence in this report, and that authority be granted to print 45,000 copies of the same for distribution to high school students and their parents; also 500 posters of the same, to be placed in high school gymnasiums and other prominent places about the school.

"PETER A. MORTENSON,
"Superintendent of Schols."

The Chicago Daily Journal comments on this report as follows:

"For two years principals and teachers have been studying the complaints that the present-day school boy and girl are deteriorating morally. They have tried all sorts of expedients, school dances, community centers and socials, to check the students' increasing tendency toward worldliness. But they have decided that the

cause for most of the trouble lies within the home.

Say Parents Are Slack. "Mothers and fathers are slackening on their paternal duties, school officials declare. They are trying to shove the moral responsibility for their young onto the teachers' shoulders. They assume that it is the duty of the school to safeguard their students during all the hours they spend outside their homes, and are forgetting that the authority of the principals and teachers ceases when the pupils leave school property.

"Within the last month two boys, members of prominent families, have been charged with maintaining an apartment in the fashionable Edgewater residential district, where they and their friends took young girl students following prolonged joy rides in their parents' machines and after dances.

"Similar conditions are said to exist in other parts of the city. During the last year three apartments in a choice south-side section have been closed by the police following the discovery that they were supported by former high school boys and served as a home for certain girls.

Close Poolrooms. "Many ice cream parlors and poolrooms catering exclusively to high school trade have been closed recently on orders from the chief of police's office.

"A poolroom close by a school had its license revoked recently. Investigators found that the place served as a go-between between the boy and girl students. Boys desiring a "date" with high school girls registered their desires with the proprietor of the parlor, who, in turn, filled

them through the activity of a couple of the boy students in his employ.

Editorial Comment on Report. In commenting on the report of the Vigilance Association, an editorial writer in the Chicago Tribune puts the matter of saving the children of the Nation up to the parents. The writer says:

The Jazz Road to Ruin. "The Illinois Vigilance Association, through its superintendent, the Rev. Phillip Yarrow, has issued a preliminary report on immorality in Chicago, in which it attributes the downfall of 1,000 girls to the evil influence of jazz music and improper dancing which it encourages. The association purposes a crusade through the Morals Court against such music and dancing.

"There is something in what the association says, but not everything. We have no doubt that jazz music in unrestricted environment tends to stimulate improper dancing and thereby quickens the steps of its devotees toward downfall. To that extent it is evil and may properly be discouraged.

"But in the report of the association there is again evident the now common tendency to bring about moral reform by statute rather than by a quickening of the moral sense through precept and example. The report devotes hundreds of words to depicting the terrible ruin wrought by jazz, and is satisfied with a paragraph suggesting that parents, churches, and schools learn of the evil and act against it. Not a line in the report before us emphasizes the need of parents teaching their children the advantages of morality and high character in themselves. In the final accounting the re-

sponsibility does lie with the parents. If they teach their children good morals and clean living, and provide them with clean interests and recreations, the jazz dance hall will not lure them to ruin and eventually will die of inanition.

"But the Vigilance Association overlooks this point in its eagerness for reform by force. It is easier and more spectacular to attack something against which a prohibitory law may be asked than to attack lazy, indifferent, and incapable parents in their homes.

"Perhaps the association is right. Perhaps eventually, with the aid of Dr. Crafts and other associates, it will be able to remove all evil and all temptation from the world by law. Then no one can go to ruin, whether child or adult. There will be no need even for parents, except to produce children. Parental instruction and home life can be eliminated except for the entertainment they afford, because no moral principles will be necessary in a world in which no wrong can be done.

"In the meantime it is our guess that parents can do more to keep their children decent than all the laws ever conceived by man and reformer."

"A small town in the mountains of Arkansas did not know what the ultra dance was until the daughter of a local minister came home from college and with a young college boy as partner demonstrated it at a summer hotel. The people were horrified. It will take a lot of preaching by that clergyman to counteract the effect of his daughter's conduct."

The upshot of it, no doubt, has been that the youngsters, where they have met with opposition from home folks, have gone away to other

centers to do their dancing. In this way they carried the evil with them, spreading it abroad. Quoting again from this report:

“At Marshalltown, Iowa, a town of fifteen thousand inhabitants, a country club was organized last spring and some nice dances were held. It was a great success until the young people came home from college and introduced the jazz, which utterly shocked the elders and resulted in breaking up the club.”

But did it stop the young people from dancing? Again from a small center most likely spread the virus of this ultra-fashionable Afro-American dance.

“There are many fly-by-night dancing places in the rural districts. They are generally vicious. It does not take long for the reputation of the latest-established place to spread far and wide, and for patrons to arrive from long distances by means of the automobile. Some of these disreputable resorts are found in decent little communities that hardly realize they are affected until there is a local epidemic of immorality.”

“The barn dance, which used to be an innocent rural festival, has become largely a commercial and vicious enterprise. A barn is rented by someone for a few dollars. The patronage is not only for the farming community, but from the small towns around, and there is absolutely no supervision. At ———, Illinois, a barn dance has been run for the past five years with trimmings of indecency, fighting and drunkenness. H——, Illinois, reports two un-

savory places, one a platform dance, and the other a barn dance."

These dances are in or near small towns. It is not impossible for the mothers of these towns to organize a supervision over these places. If parents cannot follow their children to these amusement places, they at least can discover where they are, and through their clubs, churches, or other organizations, see that a committee of women are elected to act as dance chaperons, keeping order and decency among the dancers.

It is a fact that city dance halls are more nearly supervised than these haphazard, fly-by-night country places. But that is because the rural parent has hardly felt the need of such supervision. Statistics show now, however, that such need is urgent. Once recognized and put into practice, a long step will have been taken toward controlling the young people, and driving out the obnoxious elements in the new dances.

The report quoted from above says:

"One point in connection with the reform of dancing is the need of supervision during the intermission, as well as upon the floor. When the music stops the boys often take liberties with their partners, and the latter seem to be utterly unconscious of the fact that this is wrong. This gives an idea of the demoralizing effect of the jazz. It is perhaps logical for young people to think that as liberties are permissible in the dance, they ought to be permis-

sible afterwards. A woman chaperon should always be provided, for girls will not make complaint of impropriety to a man."

Campaigns have and are being started through the Social Hygiene Board working in part through the Federation of Woman's Clubs, through the organized dancing profession, and also by enlarging the scope of the public welfare department of the various states.

Young people must have recreation. That is a recognized fact. To try to prevent this is like trying to close a bird's mouth, or keep the butterflies from disporting themselves in the sun. But parents can see to it that they have clean amusement. In the last analysis it is up to the mothers of the nation. They are the guardians of their children's morals, and are responsible whether these morals are corrupted at home or abroad.

"Why are rural women, the guardians of American purity, apparently so complacent in regard to the modern dance?" has been asked. And the answer has come:

"Simply because they do not accompany their girls and boys to, through and from these dances. They do not know. They assume that things are as they used to be, and implicitly trust their children, rather than heed the outsider. . . . The average parent feels that her son or daughter is maligned by any suggestion of peril, and that the first duty of the parent is to trust the child. This condition and

the tragedy it is bringing to the children are not due to any lowering of the standards of the rural mothers, but come through the lack of accurate information as to what their children are really facing and experiencing."

"Are women deficient in sex solidarity?"

"Yes, generally speaking. They do not stand by the girls who are somebody else's daughters. Men who 'pick up' girls complacently ignore the presence of mature women, and generally without interference."

The above interview was with a field representative of a national welfare organization, which made a study of recreations in the small towns of the Central States. She discovered that jazz music acts exactly like a drug on certain nerve centers. Women of mature judgment could not fail to realize the danger to their daughters in frequenting dance halls where this music is constantly played.

At the Board of Sunday Schools of the Methodist Church, which met not long ago in Chicago the Rev. Warren T. Powell said:

"If you want the young people to give up dancing, train them in outdoor sports and indoor athletics. It is my job to train the young men who are studying for the ministry at Gattett Biblical Institute in all these forms of exercise and amusement, even including indoor boxing.

"When these young men get ministries they will advocate the sports among their church members, and thus will gradually spread a more healthy tone through society."

It is the mother, the church, the woman's clubs, and all organizations of a high moral tone, that must stop the nation's little children from ruining themselves and the future of the race. There is no other solution. No other way will be found.

This movement is on foot now, but it will have to travel fast and vigorously, for the children, the boys and girls, have had the lead for a long time, and are dancing fast and furiously on the brink of the abyss of physical and moral degradation. The mothers and the organizations of safety must increase their momentum day by day, to save the nation, their neighborhood, their children and themselves!

CHAPTER IV

OUR GIRLS AND THE DRUG HABIT

The most pitiable disaster that can befall a young woman is the drug habit. From the New York State Drug Narcotic Control Commission it is learned that thousands of women addicts seek help, not because they are ragged or hungry, but because they have become victims of a cruel habit, the habit of taking some form of narcotic.

It is estimated that there are between 2,000,000 and 4,000,000 drug addicts in the United States. The situation is appalling even at the lowest figure, which is two per cent of the adult population. It was forty years ago that the first opium pipe was smoked by a white man in this country. Today the per capita consumption of narcotics in the United States is from 13 to 72 times as great as that in other countries.

The following table, prepared by the Department of Health, New York City, tells a story that should cause the sober-minded of this nation to take stock of themselves with the view to removing the burden of a tenacious menace from the shoulders of the present generation.

Table showing drugs used in various nations:

Country	Consumption Per Capita Grains
Austria	1½
Italy	1
Germany	2
Portugal	2½
France	3
Holland	3½
United States	36

Not only is this country ruining itself with this insidious habit, but in one period of five months there were shipped from one port of the United States of America to the Far East, narcotics enough to give one dose each to the 400,000,000 inhabitants of all China.

Medically considered, it is thought that anyone taking repeatedly a drug from a period of from three to five weeks is in great danger of becoming an addict. When the habit is established it is usually impossible for the victim to discontinue the use of the drug without outside assistance.

With this stern fact in mind, it is easily understood why young women who attend "snow" (cocaine) parties, who frequent opium joints, or inhale morphine in exclusive studio gatherings, are in great danger, and do not know it. What starts as a lark, too often ends in the grimmest of tragedies. Association with addicts is particularly dangerous, for the addict takes a peculiar delight in initiating others into the habit.

Mr. Dana Hubbard, writing in *Some Fallacies Regarding Narcotic Drug Addiction* says: "Bad associates and evil environment is the chief cause of addiction among youthful habitues in New York."

Illegitimate traffic is known to have increased enormously in recent years, and is a serious menace at the present time. It is through this channel that most addicts receive their supply of narcotic drugs. It has been estimated that about 90 per cent of the opium and cocaine entered for consumption is used for other than medical purposes.

Whom to Avoid. The young girl who does not want to fall into ruinous habits of any kind, and especially that of the drug addict should avoid the companionship of young men who have no regular employment, but who seem to hang around corner drug stores, pool rooms, and such places. A drug addict seldom can work steadily at anything. If he makes money he picks it up at odd jobs of employment here and there, often in ways not legitimate. Such a young man is always to be avoided. His influence is invariably bad. The girl who dances a great deal at night, who specializes in late parties and joy rides, also is an undesirable companion. She is usually dilatory about her work, "easy" in her language, over-sophisticated, and frequently drinks or takes "dope."

The Story of Florence Burns. The following

from the New York Journal (February 21, 1921) is but one of too many such cases in the lives of our modern young people:

"I would kill to get money for drugs. For God's sake, help me," the girl said to Dr. Simon.

The girl, who gave the fictitious name of "Florence Burns," told him she was a high school graduate and came from a good family, for whose protection she had adopted an alias. The Deputy Commissioner arranged for her treatment by a physician friend.

She told Dr. Simon she had been on the stage until she became a wreck through drugs. The girl went to the East Fifty-fifth Street Police Station, and begged to be sent away to be cured of the drug habit. Dr. Simon was notified and took personal charge of the case. In her story to Dr. Simon at his office she said:

"Drug peddlers dare not deal with new customers and are suspicious of old ones. Many sellers are fleeing the city through fear of arrest. The big vendors are out of business.

"I have tried several hospitals but could not get treatment. I thought of committing a crime so I could be given treatment under the law that allows a Magistrate to commit an addict to an institution.

"But I could not do that. I have sunk low, but I rebelled at the thought of becoming a criminal."

With a face distorted with hate the girl ex-coriated the drug vendors who thrive on the misfortunes of the addict. She said:

"They were everywhere. The ring had its agents at dance halls and other amusement places. They invite the foolish to take a few flakes—'to make you feel good.' A girl friend

of mine gave me some cocaine eight months ago when I was suffering from toothache. I could not break the habit.

"I spent \$10.00 daily for drugs. I had to have them. But I am not the most pitiable case. Little children on the East Side have been ruined, body and soul, and turned into thieves by these inhuman monsters.

"Girls who become addicts seem to take a fiendish delight in causing their closest friends to form the habit."

Dr. Simon declared that the stoppage of drug sales by street vendors will force addicts to apply to the city for relief.

Miss Leola Allard, writing in the Chicago Examiner of January 26, 1922, gives the following account of another young woman who fell under the spell of the narcotic habit:

Wellesley Girl Forges Checks to Buy Drugs.

Four years ago Miss Dorothy Wilson was graduated from Wellesley College and got a \$40,000 inheritance from her father. This morning she will be brought before Judge Kersten on the charge of forging checks for \$500 on State Street Department Stores to buy drugs.

"I am offered a position of assistant teacher of English in a Kansas town—not a big school, but a very good one. But you can imagine what a chance I would have, if they knew I had been in jail four months recovering from the deadly effects of cocaine and morphine."

"Dope" is Expensive. "I don't know whether or not my guardian, who is president of a bank in Kansas," she continued, "will help me. More than likely he will not. After the way I went

through my inheritance I wouldn't blame him much if he didn't help. You know it costs from \$15 to \$30 a day to satisfy the craving after one is really addicted to the drugs.

"I often wonder why they don't let the addicts alone, poor devils, and get these peddlers. They live by our misfortune. They got all I had, and I even sold my home in Oak Park to buy drugs. I sold my car, sold my jewelry, or pawned it, and now I haven't even a shred of reputation.

"When I got my money I went to Kansas City and decided to take a course in nursing. After an operation for appendicitis, I suffered much and one of the internes who liked me gave me all the morphine I wanted.

Married and Divorced. "They soon discharged me from the hospital as a drug addict, and I have kept it up for three years. I can now take eight grains a day. I married a paint manufacturer in Kansas City. His family came to live with us, and I divorced him.

"I came to Chicago and bought a home in Oak Park. I had a sister living there then. Eventually the home went for drugs. Being no longer able to get morphine, I cashed checks at department stores where previously I had had accounts.

"Some doctors in Chicago give drugs to those who want them, and I have on many occasions been able to get from one physician at a time, as much as sixty grains. When the doctors don't give it to you, the street peddlers will. They can tell addicts by their eyes."

The girl said a physician gave her and another girl morphine mixed with strychnine, which killed the other girl.

“For some reason,” she said, “I delayed in taking mine, and was saved. I don’t know how many others got that combination and were reported suicides.”

Attorney W. S. McNama will ask for probation for the girl in the hope that she will be able to fight her way back to respectability.

CHAPTER V

RESTORATION OF GIRLS

Many of the girls who are found on the wrong track in our larger cities are girls from rural neighborhoods and small towns. The runaway girl almost invariably gets into bad company through her ignorance of life and people, and too often lacks the will-power to turn back, or the knowledge to set her feet in the right path.

When it becomes known that a young girl has left a community without her parents' consent, either the parents, or friends, or the local authorities should at once notify the police department of the nearest cities and large towns. In this way the girl may be apprehended before she has gone too far.

Any girl under eighteen years of age about whom there is a question of a doubt will be looked after by the Juvenile Court of any city. Girls above this age, charged with delinquency, will be taken care of by special departments of the Municipal Court.

The following are cases taken from the files of the Chicago Juvenile Protective League, which show the workings of the organization, and will suggest to parents and others who may be interested, the best methods of getting hold

of runaway or delinquent girls who have passed out of their immediate jurisdiction.

The Juvenile Court of Chicago has its offices in the City Hall Building, where the Chief Probation Officer and his assistants are located. In this department is the Girls' Court, in which delinquent girls appear before a woman judge. Their cases are taken care of with the utmost secrecy, so that there is no publicity and no consequent "humiliation" either to girl or parent through these proceedings. The one idea is to restore the girl to her home and to help her in the right path of living. The Juvenile Detention Home where the girls stay until they are sent home is at 771 Gilpin Place, Chicago.

The names, places and dates on the following cases are, of course, changed to avoid publicity for the individual. Otherwise they are exact reproductions of the records from the Chicago Juvenile Court files.

The Case of Alice B——. Alice B——, two years high school; father dead; mother, seamstress; two brothers, 20 and 22.

Left home with another girl and went to house on West Adams Street, Chicago. Was arrested at 7 p. m. and brought to Juvenile Court. Was repentant, wanted to go home. Had no money. Juvenile Court turned girl over to sheriff from S——, Illinois, who took her home.

The Case of Edith K——. Edith K——, L——, Ohio, 16 years old. Ran away from home. Picked up at Union Station by Detention Officer. Parents notified. Mother came after girl.

The Case of Emma B——. Emma B——, sixteen years old. Parents, four brothers. Was brought in with Corinne Miller by Miss C——, of Traveler's Aid Society. The girl arrived in Chicago from Chicago Heights. They inquired of Matron for place to work and were held at Travelers' Aid Home. Emma very clumsily lied, saying she was Maybelle Harris, of Danville, Illinois. It was finally learned that she and Corinne lived side by side in S——, Illinois. Emma left school while in Seventh Grade. Had been working in factory. The girls went first to Chicago Heights, checked their suit cases, and took up with two young men who took them auto riding. Corinne wept every time this escapade was mentioned. They spent the night in the station and came to Chicago in the morning. Emma was very stubborn and bad tempered when refused communication with Corinne.

Talked on Long Distance with Emma's father, who claimed she had never attempted to run away before. Says home is very congenial and that Emma did not have to work. He said he would take her away from the factory and make other arrangements for her. He seems to

have had daughter's love and confidence. Dr. ——— examined both girls who admitted attempted rape. Girls returned home with Emma's father and Chief of Police of S——.

Case of Belle H——. Belle H——, 15 years old; father, farmer; mother, dead; four brothers; one sister. This girl states that ever since the death of their mother (eight years ago) she and her brothers attended the ——— School, which is near B——, N. Y. In fact, she had been there since four years old. Stayed there all the time, not even coming home at vacation times. First time she came home was in June after graduating from eighth grade. She stayed at home until latter part of September, when she left and went to work at N——. She did house work for private family. Stayed at N—— about a month and a half; then went to B——, Ohio, and did house work, also factory work. Went to C——, where she worked as second cook in hotel. Stayed there until she came to Chicago, where she has been working in book bindery. Said she had not told her father where she was until she came to Chicago. Said her father had written her that sister was very sick and wanted her to come home. Father evidently had written to Detention Home as Belle was picked up by Detention officer who found that she had \$20.35 which was enough to take her home.

Telegram sent to Father:

March 18, 1923.

E—— H——, Y——, New York.

Your daughter, Belle, in our custody, has twenty dollars thirty-five cents. Wants to go home. What do you want done with her? Answer at once. Signed

J—— M——
Chief Probation Officer,
Chicago.

Telegram sent to Sheriff:

March 20, 1923.

Sheriff, Y——, N. Y.

Belle H——, 15, held here as homeless. Telegraphed father, E—— H——, farmer at Y——. Received no reply. See what he wants done. Girl has money enough to go home. Shall we send her? Answer at once.

Signed J—— M——
Chief Probation Officer,
Chicago.

Wire from Father:

March 22, 1923.

J—— M——, Probation Officer, Chicago.

Have Belle come at once. See her at train on Michigan Central. Answer.

E—— H——.

Wire from Sheriff:

J—— M——, Probation Officer, Chicago.

Send Belle H—— home at once. Wire me, collect, train she leaves on and when arrives.

Signed
Sheriff.

Wire from Father:

March 22, 1923.

J—— M——, Chief Probation Officer,
Chicago.

Kindly wire me immediately if daughter is coming.

E—— H——.

Wire to Father:

E—— H——, R. F. D., Y——, N. Y.

Belle will arrive 5 a. m. March 23, Michigan Central.

J—— M——
Chief Probation Officer,
Chicago.

The Case of Dorothy Marie. Girl told probation officer that she left home August 6, 1920, because she could not get along with her mother and step-father. She has not written to them, and they do not know where she is.

She worked at B. & V. Paint Mfrs., in the office, and received \$12 a week, roomed at Indiana Avenue, with Lillian Buckley, 22 years old. They did light housekeeping. They kept Thomas Buckley and a man whose name Dorothy did not know, all night. The owners of the place objected to their entertaining men, so they left with the men to find another place, and were all arrested in a rooming house on Prairie Avenue, while trying to rent a room. Dorothy says she is glad she was arrested, and wants to be sent home. Case came up in court of Domestic Relations.

Telegram to Dorothy's Mother:

December 30, 1921.

Mrs. Mary D., B——, Michigan.

Your daughter, Dorothy Marie, picked up by police in court December 5. What do you want done? Girl wants to go home. Will you send transportation for her? She has no money.

J—— M——

Chief Probation Officer,
Chicago.

Mother's reply:

December 31, 1921.

Mr. J—— M——, Chief Probation Officer,
Chicago, Ill.

Please send the girl home. I will pay the expenses as soon as she arrives here. Let me know what train or boat she comes on. Will send the money at once. Her mother,

Mary D——,
B——, Michigan.

Transportation sent:

December 31, 1921.

J—— M——, Chief Probation Officer,
Chicago.

Ticket order for Dorothy Marie to you by mail today. Send her on Goodrich boat tonight.
Answer.

Goodrich Transit Company.

Telegram from the Mother:

January 2, 1922.

J—— M——, Chief Probation Officer,
Chicago.

Please let me know what boat you send her on. Tell the captain to watch that she does not get off at H—— H—— and oblige.

Mary D——

She Was Sent Home. Dorothy Marie was sent home to her people, but she evidently ran away again, and came under the supervision of the Juvenile Court in April, 1922, according to the following memoranda on the files:

Letter to Chief Probation Officer:

April 6, 1922.

J—— M——, Chief Probation Officer,
City Hall, Chicago.

Dear Sir: I understand some of your men picked up one of our town girls, Dorothy Marie, several times, and got in touch with her parents, who sent a ticket, and you sent her home. This is the third time she has gone to Chicago in the last year. I understand she is again in your care. Will you please notify me at once.

Chief of Police,
B——, Michigan.

Telegram to Chief of Police:

April 7, 1922.

Chief of Police, B——, Michigan.

Dorothy Marie held here at Detention Home. What shall we do with her? Wire immediately.

J—— M——,
Chief Probation Officer.

Answer:

April 7, 1922.

J—— M——, Chief Probation Officer,
Chicago, Ill.

Will arrive Chicago April 8 for Dorothy Marie. Hold her till arrive.

R—— D——,
Chief Police,
B——, Michigan.

Chief of Police arrived and took Dorothy Marie back to her mother.

Thus with infinite care the Juvenile Protective League works on each case of delinquency which comes to its attention. With the co-operation of parents and friends of wayward girls much can be done to save the girl before she has gone too far on the wrong track.

CHAPTER VI

THE MAD DOWNWARD RUSH

An organization may save a boy or a girl who has gone wrong. By a great deal of hard work, and the expenditure of a great deal of money, boys and girls are caught up from their mad downward rush, and turned back into the right track. A great deal of damage has been done, however, before this feat has been accomplished. Too often the entire after-life has been clouded, even where there is an attempt to "go straight," and the man or woman is to all outward appearances an exemplary citizen. In other words, scars have been left from the early mis-living, which never can be removed. Scars on the soul—scars on the brain.

This brings up the old truism that "an ounce of prevention is better than a pound of cure." With the parent lies the ounce of prevention. This is a straight, strong statement, but it is true, with the minimum of exceptions which prove the rule. Parents do not like to face a fact of this kind. "I have done my best," is their everlasting defense. And that may be. But their "best" too often has proven inadequate. It wasn't enough. Besides, down in their hearts most of them know they have not done their

best. If they had it to do over again, they would do it all oh, so differently.

Most of the troubles come from indulgence and indifference on the part of parents. Indulgence on the mothers' part, and indifference on the fathers'. Johnny must have as good a time as the other boys in the neighborhood, and Mary must have as good clothes as any girl she associates with. This is mother's one attitude toward her boy and girl. Father's consciousness of his children, as absolute, concrete facts to be dealt with individually and separately each day of their lives, is lost in the generality of "making a living" for them. He "gets the dough" and turns it over to mother, who disposes of it according to her heart impulses. Her problem is how best she can bring comfort and happiness to those blessed children of hers. It is a heart problem, in which the head plays a very small part; sometimes no part at all, judging from results.

"What else would you do?" the surprised mother asks when this attitude is questioned. "I had a hard time in my childhood," she will tell you, "and I don't intend that my children shall have it as hard as I did." Bless their hearts, they wouldn't have it as hard, even if mother made no effort to save them. Times are different. The advent of labor-saving devices would attend to that. Johnny and Mary would get it pretty soft now even without mother's interference in their behalf. Where mother

had to help with a back-breaking washing that was done out of doors over a wood fire on an old-fashioned wash-board, with the ironing in a hot kitchen, the irons heated on a stove that melted everything in sight, Mary helps with a washing turned out of a machine propelled by electricity in a cool basement, and irons in a cool kitchen with an electric iron. That is, providing she helps with this sort of work at all. Where mother helped with knitting endless socks and caps and gloves, helped piece the inevitable quilts, and sew the inevitable carpet rags, helped with the fall and spring sewing, and threw in for good measure long hours in the garden, and even in the fields in rush season, Mary helps not at all, because these activities have practically been discarded from family life in this day and age.

Mary, therefore, has several hours of the twenty-four on her hands which mother did not have. Some of these hours she spends in dancing or other pleasures, and some in sleeping. Others she spends in dolling up, and in "chasing around," with boy or girl friends. Judge for yourself which of the two girls was safest when it comes to a point of character-making or breaking. The devil couldn't get at Mary's ma very well while she was darning socks or hanging out clothes, or helping pa plant corn. Somehow such occupation is not congenial to His Majesty, the Evil One, and he shuns those who are thus employed. But a girl at a dance,

in an automobile on a quiet road with a pleasure-seeking lad, or even one sitting at home busy with thoughts of the pretty clothes she wants and expects to have—these occupations are a real-come-on to the Angel of Darkness. They are the entering wedge for Vanity, Lust, Self-Indulgence.

No matter how GOOD mother is, if she doesn't realize this simple fact she is in real danger of having a spoiled girl. Youth is full of energy that must be employed in some way. If there are no legitimate tasks for the healthy, growing girl to perform, find some; invent some; let her make clothes for an orphan asylum; let her cook dinners for some of the sick, poverty-ridden families in her town; instead of thinking constantly of what she will wear, and whether she can have more clothes than Flossie Evans, her wealthy chum, let her share what she has with the little girl next door who hasn't an extra decent dress to her name. Instead of paint and powder and perfumes, give her a pair of dumb bells, and build her a gymnasium in the woodshed.

In other words, do everything possible to keep the girl's mind off of herself; by making her think of others. And begin early.

Likewise with the boy. Father should begin early interesting his son in small business enterprises. A penny savings bank is a good thing to begin with. Instead of rushing him to the corner grocery for all-day suckers with his

pennies, teach him the restraint which comes with saving. Let him earn what he saves and what he spends. Instead of the empty pride which will make him avoid chores and odd jobs, teach him to enjoy them and take pride in them. During vacations, get him a market basket and let him deliver groceries to the neighbors; fix him up with a paper or magazine route, if possible. Let him have a garden of his own and earn his own money selling the vegetables from it. Get him up early in the morning, and keep him busy all day so he will not want to hang around the corners or the billiard hall doors while he is yet an infant.

All of this takes intelligence, and patience and a degree of self-mastery on the part of parents that is all too rare in this day and age. But it is the only cure for the fast-slipping younger generation. As an example of what I mean, not longer than half an hour ago a father with grown children, all of them at home, said:

“If you knew what it takes to feed that bunch of mine—Grace wants a roast beef or chop, Phil wants steaks and chicken, Anna wants fruit and the most expensive of pastries, Eddie wants this and the babies have got to have something else. I’ve got to have a hotel menu every time we get up a meal—no two of them like the same thing, and not a one of them will put up with stews and the cheaper cuts of meat.”

I know that this man, who is past fifty, owes numerous debts; that he is the sole support of this extravagantly, self-indulgent family, except

a small amount which the two boys pay for board, room and laundry. And I know that he is slipping in his profession. Many times he is not well. Out of pure sympathy for him I said:

“Why don’t you hold them down for a week—try the cheaper cuts, the simpler dishes of every kind.

“Why don’t you hold out on them for a week—make them think you are sick, or broke, or something?—”

“And let my family go in want? Not much!” he replied with a real touch of indignation.

“Well, then,” I replied, “don’t blame anybody but yourself for their expensive tastes, for their extravagance, and for their inability to realize the position you are in financially.”

“I guess you’re right,” he said, “but that family will go right on demanding ‘the best,’ and making their old father pay for it until he is in his grave. And then the daughters will fasten themselves upon some other man and demand the same of him.”

“Are parents to blame for the course their children are taking in life? Let them look the matter squarely in the face and answer it honestly. When they do this, if they are not too weak to begin making restitution at once we will have a much more respectable and self-respecting crop of young people in the next generation.

The Responsibility Lies in the Home. The home is the cradle of the race. It also is the

cradle of civilization. While the cave man was out hunting, fighting, killing, the woman was in her cave-nest making every endeavor her poor brain could suggest, to make life a little easier and a little better. She loved her offspring, and love is the fountain head of culture and of civilization. Out of her attempt to care for her little ones developed the first crude hammock, and such arts as pottery, weaving, gardening, etc. These arts spread out of the home into every nook and corner of the world, and made humanity a civilized race. As love and the arts were an outgrowth of the home, so were wisdom, and patience, and self-restraint. And these virtues so badly needed today must again find their roots under the roof-tree, and there they must flourish and blossom, with the result that the young in the home are not only indulgently loved, but that they are nourished and trained in wisdom and the virtues of self-respect and in that broader social consciousness which recognizes that the good of one is the good of all, and vice versa.

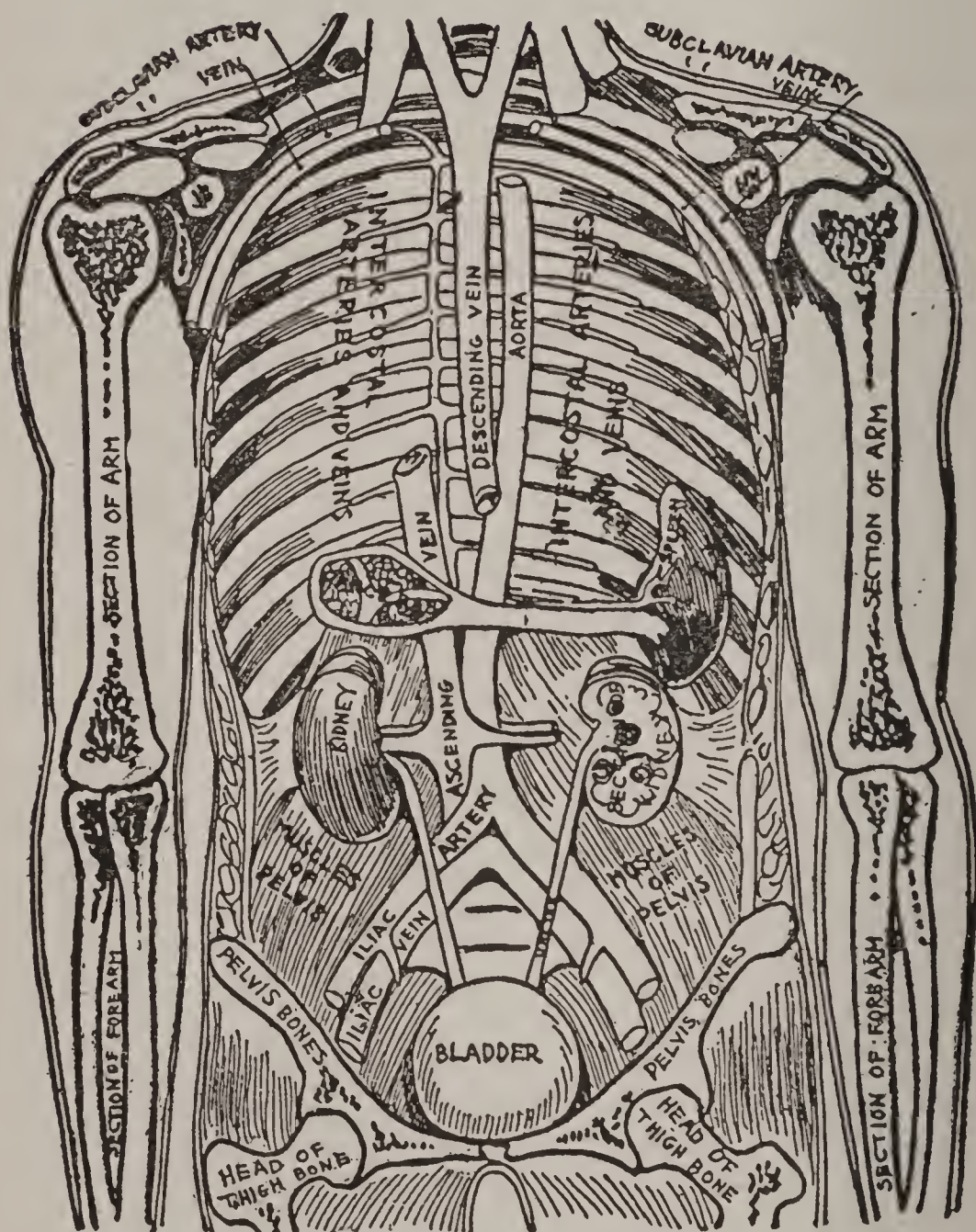
“Whatsoever ye would that men should do unto you, do ye even so unto them,” is an old-fashioned and almost forgotten motto that ought to be brought out from the dust and the cobwebs and hung conspicuously in the bed chamber of every child in every home in the nation. Buried into the brain of the child it will act as a check-rein in future years when there is an impulse to discard old and useless parents;

when the desire arises to "do" somebody else for the sake of a little more personal pleasure; when money seems more valuable than men; when there is a temptation to discard the old wife and take on a new one; when a little romantic by-play looks good to the wife of a trusting husband; when the hot pursuit of pleasure is more alluring to young married couples than the bearing and rearing of children.

It is the little things that make life heaven or otherwise; Home is the culture ground of these little things, and the seeds are sown early, and fall upon very rich and fertile soil. What the home-life sows in the morning of its day it reaps at the setting of the sun.

What will YOUR harvest be?

Plate VIII



This Plate Shows the Relation of the Pancreas to the Spleen, the Urinary Apparatus, the Deep Muscles of the Abdomen, the Vascular Supply of the Trunk and the Principal Bones of the Arm.

Standard Sex Knowledge and Health Encyclopedia

Part III

HOME ENCYCLOPEDIA OF HEALTH

PART III

SICKROOM MANAGEMENT

A person suffering from sickness of any description should be kept in well ventilated quarters, where plenty of fresh air can be had at all times. The larger and higher the room the better. The surroundings should be cheerful and noiseless, especially in diseases of the nervous system. The attendants or nurses, whether they be members of the family or outsiders, should be animated with good spirits and as attentive as possible, but prudent in all things, for fear of arousing suspicion, which might cause anxiety to the patient.

Any experienced nurse or medical practitioner will tell you that half the battle with sick patients is persuading them that they will eventually recover in spite of their illness. A kind word of cheer should, therefore, be always on the lips, so to speak, and should be the first salutation when entering the sickroom. No matter how desperately ill a patient may be, a word of assurance that they are improving as well as can be expected, goes a long way towards bettering their mental condition and recovery. A sad expression or despondent look on the coun-

tenance of a nurse or doctor, has a depressing effect on the mind of the patient, depending on the nature and characteristics of the sick one, and retards rather than helps recovery.

Relative to aforementioned fresh air, it is preferable to have it enter the sickroom from the upper part of windows. It helps the patient's recovery to have some friendly acquaintance as a nurse or attendant to wait upon them. Cleanliness of bed linen, nurses wearing apparel and, practically every necessity in the sick room, is of the utmost importance. If a chart on the patient's condition is not kept, every change, no matter how slight, should be reported to the attending physician, immediately upon his arrival. The doctor's instructions should be followed to the letter. "A place for everything and everything in its place," is a good maxim to follow, in the sickroom.

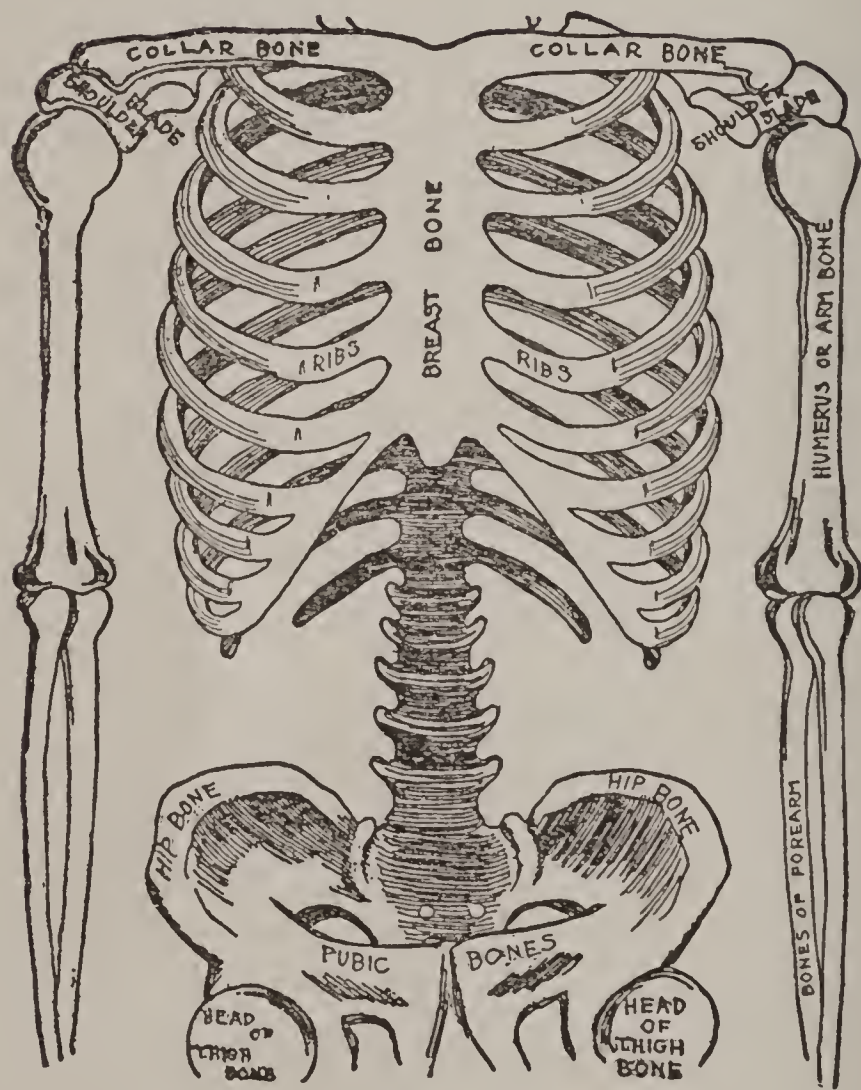
The nurse should always remember that the recovery of the patient depends greatly upon her. In cleaning, sweeping, or dusting sickroom, care should be taken that the patient is not disturbed or made uncomfortable in the least. Remember, sunshine and pure fresh air are absolute requisites in the sickroom, with the exception of, possibly, one or two diseases, such as certain forms of brain trouble, etc., when light should be excluded to a certain extent, but not wholly. As the patient's recovery progresses and he becomes convalescent, it is advisable to gradually accustom him to the fresh air, in prep-

aration for his departure from the sickroom. The temperature of the sickroom should be considered of the highest importance, depending upon the disease and the patient.

The principal qualifications for successfully caring for the sick, are kindness, firmness, promptness, sobriety of demeanor and an intelligent appreciation of and obedience to whatever instructions may be given from time to time by the doctor. They should be cheerful, gentle, forbearing, patient and humane in speech and action, and should set an example to those with whom they may come in contact, especially the patient, of industry, order, cleanliness, etc. Noiselessness, without arousing the patient's suspicion, is absolutely requisite at all times. Cooking, of any kind, should be prohibited in the sick room. Flowers are a welcome addition to the sickroom. Death is possible in all diseases. If a patient should succumb from some chronic disease or begins to show symptoms of dying, keep cool. When danger of death is imminent, call immediately for the doctor.

Being an absolute impossibility to formulate a system of instructions which would apply to every emergency to be met with in the sickroom, a great deal has to be left to the nurse or attendant, which offers them a further opportunity of enhancing their services for the good of humanity. Good sound common sense applies, just as forcibly to the management of the sickroom, as it does in any other sphere of life.

Plate IX



This Plate Shows the Principal Bones of the Trunk, Arm and Forearm

SYMPTOMS AND TREATMENT OF VARIOUS DISEASES

BRONCHITIS. This disease, usually, starts with chest pains, chills, fever, costiveness, general weakness, hard breathing, hoarseness, with hard and fast pulse beats, accompanied by a harsh, dry cough. As cough increases, a pale, wan appearance is noted in patient, who suffers from difficulty of breathing and a choking, strangling sensation. As disease progresses, a wheezing, rattling noise is very perceptible, followed by cold sweats, etc.

Treatment. If breathing is difficult, which is most likely, a sheet may be placed over the bed in the form of a canopy. Steam from spout of tea kettle containing boiling water, to which is added one teaspoonful of Compound Tincture of Benzolin to each quart of water, is directed under canopy and patient allowed to breathe same. Care should be taken not to allow steam to come in too intimate contact with patient for fear of burns. If patient gets worse, see a doctor.

COSTIVENESS. Costiveness is a condition where the bowels are not performing their functions properly or, in other words, the bowels are sluggish and irregular and the patient constipated. The faeces are contained too long for normal, healthy conditions to obtain. Nauseousness, fullness and dullness around the

stomach, want of appetite, headache, dizziness, fever, etc., accompany costiveness, which is caused, principally, by sluggish habits, laziness, stimulating food, confinement of bowels and various other reasons.

Treatment. It is rarely necessary to take medicine for this complaint. A cure may be effected by eating digestible foods, such as fruit, soft-boiled eggs, vegetables, whole wheat bread or toast, etc. Eat slowly and digest your food properly. Regularity at stool. An effort should be made to evacuate the bowels, at least, once a day and at a specified time if possible. In fact, this rule might be said to apply to all and sundry, whether, constipated, costive or not. It is a very good plan to adopt by anyone desiring perfect health. Sweetened and stimulating foods should be discarded. Drink plenty of water. Take regular exercise. Bathe frequently. If a doctor is difficult to be had and you think medicine is necessary for a cure, the following preparation will be found beneficial, taken in dose of from two drams to two ounces. Four ounces of bicarbonate of soda to two quarts of water, one and one-half ounces of pulverized aloes, two fluid ounces of compound spirits of lavender. Place in suitable receptacle and leave for ten to fifteen days.

DIARRHOEA. This, very annoying and sometimes dangerous complaint may be caused by debility, or foods which have a tendency to irritate and inflame the bowels. A low, heavy,

continued noise in the bowels, occasionally accompanies this disorder, with pains and heaviness before evacuation.

Treatment. This disease is very amenable to treatment, if taken in time, occasionally by simply removing the cause and by the continued use of laxative foods to prevent its recurrence. If this disease becomes chronic, astringents and tonics are advisable. In its earliest stages, a little brandy with milk warmed, will help considerably. Cold water injections are occasionally recommended in diarrhoea. Where bowels are ulcerated or inflamed, hot fomentations and starch injections are recommended. Sponge baths are advised by many. If patient has become very weak, tonics are requisite for restoring health.

MUMPS. This disease, very common among children, begins with stiffness and soreness in and around neck. The gland situated near the ear becomes swollen and painful. As the disease progresses, the pain becomes more intense, eventually developing to such an extent that it is with difficulty the patient can swallow. Even opening of the mouth becomes difficult. It is liable to affect both sides or only one side of the face. Fever, invariably, accompanies this disease. The bowels are constipated, pulse rapid, skin sleek and dry, etc.

Treatment. It is of the utmost importance that the patient is kept warm and comfortable.

Warm drinks made from certain herbs, are advisable. The judicious use of cathartics, help if constipated. In extreme cases, hot foot-baths and poultices are necessary.

TUBERCULOSIS. This most deadly of all diseases, if treated in its earlier stages, stands a fair chance of being cured. Great progress has been made during the last twenty years in the treatment of tuberculosis, so much so, that cases which were looked upon in former years as well-nigh impossible of cure are today successfully treated. Medicine is rarely used in this disease, excepting to heal the inflamed tissues and relieve the cough. Out-door life, where pure fresh air can be had at all times, day and night, is an absolute requisite. Physical and mental exercises, but not enough to fatigue. Avoid any and everything which has a tendency to lower your vitality. Alcohol, in any form, tobacco, snuff, narcotics, drugs, etc. are taboo. Avoid sudden changes of heat and cold. Clothe warmly. Eat good wholesome, nourishing foods. Drink plenty of pure water. Cleanliness, in all things, is absolutely necessary. If circumstances permit, seek high altitude. Exercise only and always outdoors. Remember your disease is contagious and act accordingly by adopting cleanliness at all times. If possible, put yourself under the supervision of a physician.

BOILS.—The first symptom of a boil is the appearance of a red pimple, or small red spot, which gradually becomes enlarged and ripe,

with a white point or spot, which, eventually, bursts and discharges pus and occasionally blood. Boils are a constitutional trouble and when they appear with too much frequency, a blood tonic is needed, such as tincture of iron. It is not advisable to tamper with boils until they burst of their own accord, when some healing salve may be applied to the opening or cavity.

CHILBLAINS.—This very annoying complaint, in practically every instance, begins with an itching, tingling sensation all around the affected parts of the feet or hands and is usually caused by frost-bite or exposure to extreme cold weather, depending greatly upon the circulation of the individual. An ointment or liniment which will stimulate the parts, should be used or wash the hands or feet in snow.

DYSPEPSIA.—The symptoms of this disease are heartburn, irregularity of the bowels, coated furry tongue, rank taste in mouth, oppression and fullness about stomach after meals, changeable vision, palpitation, etc., caused primarily, to physical inactivity, insufficient mastication or bolting down of your food, too highly seasoned foods, etc. Removal of aforementioned conditions will effect a cure in nearly every instance after the effects are removed.

FROSTBITE.—The first thing to be done in frostbite is to restore heat as gradually as possible. Start the circulation by slight rubbing of snow or ice water. As the feeling begins to

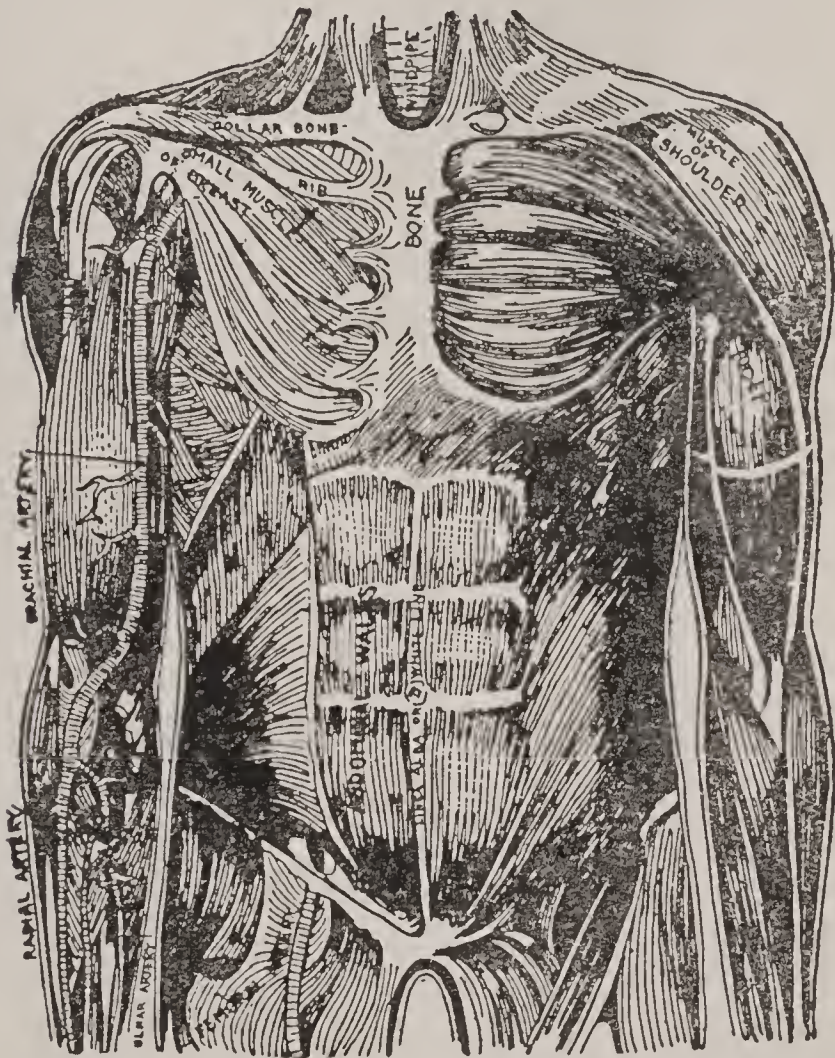
come back, continue the process or keep soaked in cold water, so as to gradually restore the normal heat to the body. The same treatment might be applied to a person picked up in an unconscious condition, until signs of recovering consciousness sets in, when a small injection of camphor and water might be given. Touch the tongue with a few drops of camphor. As recovery progresses, rub with weakened spirits or alcohol, then with pure spirits or alcohol. Stimulate his system further by strong coffee, tea, or whatever suitable stimulant may be at hand.

HEARTBURN. — This peculiar, sickening, burning sensation in the stomach, can be, invariably, relieved by taking a glass of water in which a teaspoonful of salt or baking soda has been mixed. A small portion of dry salt, or soda will relieve the feeling in very many instances. Effervescing laxatives, like the Seidlitz, will have the same effect. A recurrence of heartburn can be prevented by careful eating and drinking.

SEASICKNESS.—This malady can produce an accumulation of suffering to the inexperienced seafarer. In fact there are some who find it extremely difficult to take even the shortest sea trip without suffering from its effects. A hearty meal a short time before sailing is said to be a preventive, other conditions being favorable. Keep bowels open during the trip with some mild laxative pills, such as compound rhu-

barb pills. Those who are susceptible to seasickness, would be well advised to lay in bed or on a couch for the first day or two and hold this horizontal position until they feel they are capable of going on deck without falling a victim again. If a recurrence sets in it would be advisable to take a little brandy. Medicinal agents have not been very successful in curing this malady.

Plate X



This Plate Shows the Principal Muscles of the Trunk, Upper Extremities and the Arterial Supply of the Upper Extremity

ALPHABETICAL LIST OF DISEASES AND THEIR TREATMENT

BLACKHEADS.—14 grammes oxide of zinc;
60 grammes vaseline; 14 grammes ergotine.
Apply locally and massage at night.

CATARRH.—50 drops carbolic acid in qt.
water. Use with nasal spray.

CHICKEN POX.—3 oz. water; 10 drops tinc.
veratrum; $\frac{1}{2}$ oz. asclepias. 1 teaspoonful
hourly.

CORNS.—Place heavy coat common black axle
grease over corn for 3 or 4 days; soak and
wash feet daily.

CRAMPS— $1\frac{1}{2}$ gr. acetate of morphia; 1 gr. oil
of camphor; 2 dr. chloroform; 6 dr. mucilage.
Dose 20 drops hourly.

DIARRHOEA.—Hot milk, with plenty of nut-
meg sprinkled in it, will relieve considerably.

DIPHTHERIA.—3 oz. syrup; $\frac{1}{2}$ muriatic acid,
diluted. Dose—1 teaspoonful mixed with
water every 2 or 3 hours.

DROPSY AND HEART AFFECTION.—An in-
fusion of tea, made from “lily of the valley,”
taken in doses of from one to three or four
tablespoonfuls, twice daily, will greatly aid
and strengthen the heart and relieve short-
ness of breath. When trouble is relieved, it
is advisable to stop using until a recurrence
of symptoms sets it.

EARACHE.—5 drops sweet oil; 2 drops laudanum. Mix and warm. Use syringe to drop in ear.

ECZEMA.—2 drs. ether; 2 drs. glycerine; $\frac{1}{2}$ oz. ichthyol. Apply to parts without rubbing.

ERYSIPELAS.—See cure for eczema.

GONORRHOEA.—Use internally, gum turpentine made into very small pills, about $\frac{1}{2}$ doz. daily. Inject 5 gr. permanganate of potash, mixed with pint of water—external use only.

HEADACHE.—1 teaspoonful bromo-seltzer every $\frac{1}{2}$ hour for 3 doses.

HIVES.—Weakened vinegar bath to affected parts.

KIDNEY TROUBLE.— $\frac{1}{2}$ teaspoonful fl. ext. barberry taken in water. 1 or 2 doses daily.

MEASLES.—24 gr. chloride of ammonia; 16 gr. carb. of ammonium; 3 oz. syrup of wild cherry. 1 teaspoonful every hour. Sweetened lime juice will relieve cough.

PLEURISY.—2 drops tinc. aconite every hour; good warm poultices.

RHEUMATISM.—Celery tea; boil stalks and drink as much as possible.

SCARLET FEVER.—5 drops sweet spirits of nitre; 1 drop tinc. aconite. Chew ice.

TOOTHACHE.—Apply 1 to 3 drops of chloroform to tooth or gum. Try rinsing mouth with hot and cold water, alternately.

WHOOPIING COUGH.—Honey mixed with alum, about 2 grs. every couple of hours.

SIMPLE EFFECTIVE CURES IN LATIN AND ENGLISH

The medicinal remedies under this heading are given in both the Latin and English language, in order to enable the reader to see, at a glance, the simple elements of which they are compounded, many of which the average housewife has got in her pantry or kitchen, or which can be had at any well-stocked grocery store. The Latin term of each separate ingredient is given first, immediately followed by its exact meaning in English, divided by a dash. This method is used in order to save valuable space.

EXAMPLE: (Aqua bulliens—Warm water.) The former or aqua bulliens is the Latin term, the latter or warm water is the English term.

ASTHMA.—Aqua bulliens—warm water 1 pint; Lobelia folia—Lobelia leaves 1 teacupful. Take 1 tablespoonful every 15 min. till phlegm is spit up. Soak $\frac{1}{2}$ hour before using.

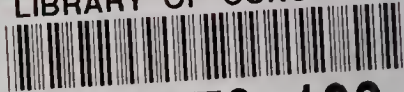
CHOLERA.—Acetum—Cider vinegar $\frac{1}{2}$ teacupful; Piper nigrum—Black pepper 4 teaspoonfuls; Aqua bulliens—Warm water $\frac{1}{2}$ teacupful; Chloride sodium—Common salt 3 teaspoonfuls. Dose 1 tablespoonful twice hourly until better. Mix before using.

CONSTIPATION.—Sulphur flores—Flower of sulphur 4 drachms; Soda bitart—Cream tartar 2 grs.; Pulv. lg. carbo.—Pulv. charcoal 2 teaspoonfuls; Pulv. capsici—Cayenne pepper 30 grs.; Mellis—Honey 1 tea-

spoonful. Take $\frac{1}{2}$ teaspoonful daily until improved. CROUP.—Aqua bulliens—Warm water 1 teacupful; Pulv. alumen—Powdered alum 2 teaspoonfuls; Treacle—Molasses 1 tablespoonful. Take one tablespoonful every 5 or 10 min. until better. DIARRHOEA.—Carophyllum—Cloves $\frac{1}{2}$ oz.; Bubus villosus—Ripe blackberries 1 lb.; Allspice—Allspice $\frac{1}{2}$ oz.; Saccha alba—White sugar $\frac{1}{2}$ lb. Add 1 pint of brandy after boiling and straining mixture. Take 1 tablespoonful and more if necessary every 4 hours. DROPSY.—Potass bitartras—Cream tartar 1 teaspoonful; Aqua sacch—Sweetened water 1 wineglassful; Pulv. jalapa—Powdered jalap 10 grs. Dose, take $\frac{1}{2}$ wineglassful every 2 hrs. until relieved or discharge takes place. NEURALGIA.—Vaseline—Vaseline 2 oz.; Ex belladonna—Belladonna $\frac{1}{2}$ oz. Rub part as often as desired. GOUT.—Wheat bran—Wheat bran 3 tablespoonfuls; Pulv. ulumus—Powdered slippery elm 1 tablespoonful. Poultice affected part. GRAVEL.—Holland gin—Holland gin 1 pint; Sacch. alb.—Loaf sugar 8 oz.; Pyrus rad—Apple root tea 1 quart. 1 teacupful 2 or 3 times daily. HEARTBURN.—Aqua—Water $\frac{1}{2}$ teacupful; Soda bicarb.—Baking soda $\frac{1}{2}$ teaspoonful. Taken after meals. HOARSENESS—Acetum—Cider vinegar $\frac{1}{2}$ pint; Amoricia—Horse radish 2 oz.; Mellis—Honey 1 gill. Mix vinegar and horse radish and soak over night, add honey and warm and strain. $\frac{1}{2}$ to 1 teaspoonful every 3 hours until

better. WORMS IN CHILDREN.—*01. terebinthinae*—Turpentine 1 tablespoonful; *Lactis*—Milk 1 teacupful; *01. ricini*—Castor oil 1 teaspoonful. Dose 3 to 4 tablespoonfuls. SCROFULA.—*Taraxacum rad*—Dandelion root $\frac{1}{4}$ pound; *Aqua*—Water 1 gallon; *stilinga rad*—*Stillinga* root $\frac{1}{4}$ lb.; *Sasafras rad.*—*Sassafras* root 2 oz. *Sarsaparilla rad*—*Sarsaparilla* root $\frac{1}{4}$ lb.; *Rumex crispus*—Yellow dock $\frac{1}{4}$ lb. This should make 4 quarts when boiled and strained, then add 4 to 6 lbs sugar (white). Take 1 tablespoonful about every 3 hrs. EARACHE.—*Tinc. opii*—Laudanum 1 teaspoonful; *Saccus alium*—Onion juice 2 teaspoonfuls; *01. Olivae*—Sweet oil 2 teaspoonfuls. 3 or 4 drops in ear. BOILS.—*Potass. bitratras*—Cream tartar 3 tablespoonfuls; *Sulphur flores*—Flower of sulphur 6 tablespoonfuls. Take 1 tablespoonful twice daily. PILES.—*Sulph. flores*—Flower of sulphur 1 dr.; *Vaseline*—Vaseline 1 tablespoonful Apply thrice daily. SORE EYES.—*Aq. camphor*—Camphor water 1 oz.; *Soda biboras*—Borate of soda 2 grs. 1 drop in eye several times daily. SORE THROAT.—*Treacle*—Molasses 1 tablespoonful; *Aqua bulliens*—Warm water 1 teacupful; *Pulv. alumen*—Powdered alum 2 teaspoonfuls. Take 2 to 3 tablespoonfuls every 15 minutes until improvement is shown.

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